

Mediterranean Farro Salad with Lemon Basil Vinaigrette

Serves: 4 to 6

For the Farro:

1 cup farro

1 14.5-ounce can of chicken stock

2 cups water

1 bay leaf

½ teaspoon kosher salt

2 tablespoons Lemony Garlic vinaigrette

For the Lemon Basil Vinaigrette:

1/3 cup extra virgin olive oil

2 tablespoons lemon juice

1 teaspoon Dijon mustard

1 clove garlic, minced (or ½ teaspoon garlic powder)

1 teaspoon dried basil (or 1 tablespoon fresh basil, finely chopped)

Pinch of crushed red peppers

½ teaspoon kosher salt

¼ teaspoon black pepper

For the Salad:

Cooked farro, cooled

1 cup chickpeas, drained and rinsed

1 cup cucumber, small-diced

¼ to ½ cup sun-dried tomatoes, finely chopped

½ cup kalamata olives, roughly chopped

½ cup red onion, finely chopped

½ cup feta cheese, crumbled

Lemon Basil Vinaigrette

Seasoning to taste

Directions:

To cook the farro, place the chicken stock and water in a large pot and bring to a boil.

Meanwhile, prepare the vinaigrette: Place all the vinaigrette ingredients in a small bowl and whisk vigorously until well combined and fully emulsified. Set aside for later use in recipe or refrigerate in an airtight container for up to one week.

Once the pot of liquid has begun to boil, add the farro, bay leaf and kosher salt and return to a boil. Reduce heat to medium and continue cooking for 25 to 30 minutes, stirring occasionally, until the grain softens but still has a slight crunch.

Remove the pot from the burner, cover, and let sit for 5 minutes. Drain the farro into a strainer and discard the bay leaf. Transfer the farro to a large bowl and drizzle it immediately with 2 tablespoons of the Lemony Garlic vinaigrette; toss to combine, then let the farro cool for 10 minutes.

To the cooled farro, add the chickpeas, cucumbers, sun-dried tomatoes, kalamata olives, red onion and feta cheese. Drizzle with half of the remaining vinaigrette and toss to combine. Add the rest of the vinaigrette and toss again. Taste and add salt and pepper as desired. Let sit at room temperature for 30 minutes before serving so that the flavors can meld together or refrigerate overnight and bring to room temperature before serving. This salad may also be served warm. Leftovers can be refrigerated in an airtight container for 4 to 5 days.