

Fresh Herbed Farro Salad

Garden herbs shine brightly in this fresh herbed farro salad. Farro is a whole grain with a nutty flavor and is a higher protein alternative to rice and beans. Add your own seasonal twist to this salad.

PREP TIME: 10 minutes **TOTAL TIME:** 25 minutes **SERVINGS:** 6

INGREDIENTS

- 1-1/2 cups **Earthly Choice** farro
- 1 cup cherry tomatoes, halved
- 1/4 cup mint leaves, chopped
- 1/4 cup Italian parsley, chopped
- 1/2 lemon, juiced
- 1/2 onion, chopped
- 2 Tablespoons **Colavita** Extra Virgin Olive Oil
- 2 Tablespoons **Filippo Berio** Balsamic Vinegar of Modena
- Salt and pepper to taste

DIRECTIONS

1. Prepare farro according to package directions. Add farro to 4 cups boiling water and boil until tender.
2. Rough chop fresh basil, mint and parsley. Prepare a dressing with olive oil and balsamic vinegar. Season with fresh squeezed lemon juice, salt and pepper.

Nutrition Information (1 serving): Calories 287, Total Fat 8.5 grams, Saturated Fat 1 grams, Cholesterol 0 milligrams, Sodium 162 milligrams, Carbohydrates 43 grams, Sugar 2.5 grams, Fiber 8 grams, Protein 7.5 grams