



Farro with Pomegranate & Apple

BY GARLIC+ZEST

🕒 15 MINS PREP | 🕒 30 MINS COOK | 🍴 4 SERVINGS

INGREDIENTS

1 cup farro cooked
1/2 cup pomegranate seeded
1 cup apple peeled, seeded, diced
2 cups tuscan kale chopped
2 scallions

For dressing

1 clove garlic minced	3 tablespoons olive oil
2 tablespoons orange zested	2 teaspoons dijon mustard
3 tablespoons orange juiced	1 dash salt, to taste
1 tablespoon white wine vinegar	1 dash pepper to taste

Cooked Farro

1 cup farro
3 cups water

Method

1. Bring a medium saucepan of water to a boil. Add farro, reduce heat to medium and cook for 25-30 minutes, until tender. Drain farro through a mesh sieve and set aside to cool.
2. Meanwhile, make the dressing. Combine the garlic, zest, orange juice, vinegar, oil, mustard, salt and pepper in a small bowl. Whisk to combine.
3. In a large bowl combine the pomegranate seeds, apple, kale, scallions and farro. Toss to combine. Add 3 tablespoons of the dressing to the salad and toss. If the salad still seems a little dry, add an additional tablespoon of dressing at a time — tossing and tasting along the way. I always end up with extra dressing, which I stick in the refrigerator and use for another salad or even over some steamed green beans or asparagus (Yum!)

Cooked Farro

1. Rinse and drain farro.
2. Place in a pot and add enough water to cover.
3. Bring to a boil.
4. Reduce heat to medium-low and simmer 30 minutes.
5. Drain off any excess water.