

Healthy Recipe: Summery Farro Salad

This makes it the perfect 'make ahead' dish to have on hand if you're tired from treatment.

October 21, 2022 By Cook for Your Life

[Farro](#) is an ancient form of wheat that is popular in Italy as a whole grain for soups and salads, and as flour for whole grain pastas. This easy, cool, summery Farro Salad uses the grains, and is at it's best the day after you've made it. This makes it the perfect 'make ahead' dish to have on hand if you're tired from treatment. That said, if you can't wait, it's pretty delicious eaten right away too! All the crunchy veggies in it are bursting with flavors, vitamins, and minerals, fiber too — making it a great dish for healthy survivorship. I've suggested adding the farro gradually. I think 50/50 is about the right balance of farro to veggies, but if you like the salad more grainy or of course veggie heavy, what you add is up to you!

4 servings

11 ingredients

55 minute prep

Ingredients

- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- salt to taste
- 1 teaspoon pink peppercorns
- 3 scallions, white parts only cut into a fine dice
- 1 celery stalk cut into a fine dice
- 6 large radishes, cut into a fine dice, about ½ cup
- 1 cup of fresh corn kernels (1 ear)
- 1 cup quartered cherry or grape tomatoes
- 2 tablespoons chopped parsley

- 1 cup farro, soaked overnight in 3 cups of water and drained (See Ann's Chef Tips)

Directions

1. Place lemon juice and a generous pinch of salt into a large bowl. Gradually beat in the olive oil until well combined. Stir in the pink peppercorns and the scallions.
2. Take the diced celery and radishes and mix them into the dressing. Add the corn kernels, cherry tomatoes and lastly the parsley. Stir to mix. The vegetables should be well coated in oil and herbs. Let sit in a cool place for 10 minutes for the flavors to develop.
3. Take the drained farro and gradually add it into the vegetables $\frac{1}{4}$ cup at a time until you have the balance of grain and vegetables to your taste. Taste for salt. Let the salad sit at room temperature for 15 minutes before serving.

Chef Tips

I like my farro chewy, so simply soaked is fine for me, but if you prefer it softer cook it afterwards for 20-25 minutes. If you don't have time to soak the farro, then rinse, drain and cook it for 35-40 minutes. Just be sure to let it cool before adding to the salad.

If the salad seems dry at the end of step 2, add an extra tablespoon of oil and a teaspoon of lemon juice before mixing in the farro.

Nutrition Facts (per serving)

Calories: 301; Fat: 4g; Saturated Fat: 2g; Polyunsaturated Fat: 2g; Monounsaturated Fat: 8g; Carbohydrates: 44g; Sugar: 6g; Fiber: 7g; Protein: 9g; Sodium: 404mg

Registered Dietitian Approved

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