

FARRO SALAD WITH GRILLED VEGETABLES

Chewy farro grains are delicious in this autumn-y salad. Recipe yields enough for dinner for 2 to 4 with some left for a couple of lunches. To do this, make the base with dressing, farro, and grilled veggies. Add fresh veggies to the base as you go.

Corporate Chef Kurt Kwiatkowski

Featured Food: Farro

Yield: Serves 6-8

Ingredients

1 c. pearled or semi-pearled farro	¼ c. taco seasoning from packet or homemade
3 c. vegetable broth	½ t. cayenne pepper
1 lb. (3 medium) sweet potatoes	1 t. ground cumin
8 oz. (1 medium) red onion	½ t. smoked paprika
8 oz. (1-2 medium) zucchini	1 t. chili powder
3 T. + ¾ c. canola oil	12 oz. romaine lettuce, rough chopped
Salt and pepper	8 oz. fresh tomatoes, medium diced
3 T. Dijon mustard	¼ c. chopped fresh cilantro
¼ c. cider vinegar	

Preparation

Cook farro in vegetable broth for 20 to 30 minutes. If all the liquid absorbs before farro is done, add a little more water. Remove cooked farro from pan and set aside to cool.

Cut sweet potatoes and onions into ¾-inch thick disks; cut zucchini lengthwise. Boil potatoes for 5 minutes until slightly cooked; remove from water and cool. Drizzle 3 T. oil over potatoes, onions, and zucchini and season with salt and pepper.

Preheat grill. Grill vegetables for 5-8 minutes on each side or until well-marked and cooked through; remove from grill and cool. Cut into medium dice and set aside.

In a large bowl make dressing by mixing mustard, vinegar, taco seasoning, cayenne pepper, cumin, paprika, chili powder, and cumin then drizzle in remaining ¾ c. canola oil.

Add cooked and cooled farro and grilled vegetables, romaine lettuce, tomatoes, and cilantro to the bowl and mix well. Let flavors meld for 30 minutes before serving.