

# 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 <a href="#">homemade</a> |
| 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.