Recipe For Health | NOVEMBER 2016

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**

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