



Simple | Healthy | Delicious

Mediterranean Farro Salad

INGREDIENTS

10 ounces farro
1 1/2 teaspoons kosher salt
8 ounces green beans, 1 to 2-inch pieces
1/2 cup pitted black olives
1 medium red pepper, cut into thin strips
3 ounces Parmesan, crumbled
1 small bunch chives, snipped
1/4 cup sherry vinegar
1/4 cup extra-virgin olive oil
1 tablespoon Dijon mustard
1 teaspoon freshly ground black pepper



DIRECTIONS:

1. Bring a medium pot of salted water to a boil over high heat. Add the green beans and stir. Cook for 2 minutes. Transfer the cooked green beans to a bowl of ice water and let cool for 2 minutes. Drain the green beans.
2. Once the farro has cooled add the green beans, olives, red pepper, Parmesan, and chives. Stir to combine. In a small bowl mix together the sherry vinegar, olive oil, mustard, pepper, and the remaining 1/2 teaspoon salt. Stir to combine. Pour the sherry vinaigrette over the farro salad. Toss to combine and serve.