

paul's farro salad

BEAUTY, LOVE & GRUB

SERVES 6-8

I gave this salad its name because I first ate a version of it prepared by our friend, Paul. I loved it so much that I had seconds and thirds. When I started out to make it, I didn't ask him for any measurements. Rather, I just asked him to confirm the ingredients, as I was excited about the challenge of creating it myself. I love farro for its texture and heartiness. Whenever I eat farro, I feel extremely satisfied, which is always a good thing! Thank you, Paul, for the introduction to this amazing salad that is a sure crowd pleaser.

1 ½ cups	farro
¼ cup	good olive oil
3 tablespoons	balsamic vinegar
	kosher salt
	freshly ground pepper
¾ cup	scallions, green parts, sliced thinly
1 cup	baby arugula
¾ cup	Kalamata olives, finely diced
1 ½ cups	cherry or grape tomatoes, halved lengthwise
½ cup	freshly grated parmesan cheese

Again, there are different types of farro, and cooking time is dependent on that. So cook according to the directions on the box. Prior to cooking, soak the farro for at least 20 minutes and then rinse thoroughly. Bring a large pot of water to a boil and cook farro according to the directions.

Drain farro after it's finished cooking. Spread out on a cookie sheet and immediately add olive oil, balsamic, and salt. Mix to thoroughly coat farro and allow to cool on pan. Meanwhile, in a large bowl, combine scallions, olives, arugula, tomatoes, and 1 teaspoon salt, and stir carefully to combine. Transfer cooled farro to a separate large bowl, add cheese, and stir to distribute. Add scallion/arugula/olive/tomato mixture to farro and stir to combine. Season to taste with salt and pepper. Serve at room temperature or refrigerate and serve cold.

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