

Autumn farro salad with maple vinaigrette (2+ servings)

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You will need:

- 1 cup dry farro, cooked in broth and cooled
- About a cup of baby spinach or other baby greens, roughly chopped
- 1 large pear or apple, cut into bite-sized pieces
- A handful of dried cranberries (If you can find the orange-flavored variety, they're especially delicious here!)
- 1/4 cup toasted chopped pecans
- 2 Tbsp extra virgin olive oil
- 1 Tbsp rice vinegar (or something similarly mild)
- 1 tsp pure maple syrup
- salt and pepper

Steps:

- 1 Place the farro, greens, fruit, and pecans in a large serving bowl.
- 2 Add the oil, vinegar, maple syrup, and salt and pepper to taste to a jar with a lid. Cover and shake to combine.
- 3 Pour the dressing over the farro mixture and toss gently to combine. Serve at room temperature as a main dish or a side salad.