

## Toasted farro salad with summer vegetables

Serves 4

Salt, to taste

2 cups (6 ounces) sugar snap peas, ends trimmed

1 cup quick cooking (pearled) farro

4 tablespoons lemon juice

1 bay leaf

Pepper, to taste

3 tablespoons olive oil

1 can (15 ounces) chickpeas, rinsed and drained

1 cup corn kernels (from 2 ears cooked corn)

1/2 pint (about 15) cherry tomatoes, halved

2 handfuls baby arugula

4 radishes, thinly sliced

1/4 cup toasted almonds, coarsely chopped

1. Bring a large saucepan of salted water to a boil over high heat. Add the snap peas and cook for 1 minute, or until bright green and tender. With a slotted spoon, transfer the peas to a colander and let run under cold water until cool. Drain and pat dry. Do not drain the water in the saucepan; return it to a simmer over medium heat.

2. In a dry saucepan over medium heat, stir the farro for 5 minutes, or until it darkens slightly and smells toasty.

3. Add the toasted farro to the saucepan of simmering water with 2 tablespoons of the lemon juice and the bay leaf. Cook for 15 minutes, stirring occasionally, until it is tender. It should be pleasingly chewy. Drain in a large strainer and remove the bay leaf.

4. In a large bowl, whisk the remaining 2 tablespoons lemon juice with a pinch of salt and pepper. Whisk in the olive oil. Stir in the warm farro and chickpeas and cool to room temperature. Add the corn kernels and cooked snap peas. At this point you can refrigerate the farro for up to 4 hours. Bring to room temperature before serving.

5. Just before serving stir in the tomatoes, arugula, radishes and almonds. Taste and add more salt, pepper, olive oil and lemon juice if you like.

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