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zucchini, spinach & farro salad

With a nutty flavor and soft yet crunchy texture, farro delivers fiber, nutrients and protein, and is especially delicious when combined with juicy tomatoes, leafy spinach and grilled zucchini, tossed in a zesty balsamic dressing, .

SERVES: 6



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& lisa gnat

ingredients

- 1 1/2 cups farro, uncooked
- 2 large zucchini, cut in half lengthwise
- 1 tbsp olive oil
- 1 cup cherry tomatoes
- 2 cups packed fresh spinach leaves, stems removed, thinly sliced
- 4 large basil leaves, thinly sliced
- 1/2 cup roasted cashews, chopped

Balsamic Dressing

- 1/4 cup olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp lemon juice
- 2 tsp soy sauce
- 1 tsp honey
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper

directions

1. For the salad, bring a large pot of lightly salted water to a boil. Add farro and cook for about 20-25 minutes over medium heat, until tender but still chewy. Drain well and transfer farro to a large mixing bowl. Let cool slightly.
2. Preheat grill to medium-high heat. Coat zucchini halves with 1 tablespoon of olive oil and place the halves, skin side up, on the grill. Grill for 2-3 minutes per side. Remove and let cool. Once cool, cut zucchini into chunks and add to farro. Add cherry tomatoes, spinach and basil.
3. For the dressing, in a medium bowl, whisk together olive oil, balsamic vinegar, lemon juice, soy sauce, honey, salt and pepper. Toss salad with dressing and garnish top with chopped cashews. Season with salt and pepper to taste.

