

Herbed Farro Salad with Walnuts, Feta and Spinach

Calories per serving 370; Total Fat 18g (Saturated Fat 5g);
Cholesterol 20mg; Sodium 410mg; Total Carbohydrates
38g; Dietary Fiber 5g; Protein 13g

Ingredients

1 cup semi-pearled farro
About 3 cups water, or more as needed
1/3 cup walnut pieces
2 cups lightly packed baby spinach leaves, chopped
1/2 English cucumber, peeled and diced
3 ounces feta cheese, crumbled (2/3 cup)
1 scallion, white and green parts, thinly sliced
1/4 cup fresh flat-leaf parsley leaves, chopped
3 tablespoons fresh dill fronds, chopped
2 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice
1/4 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper



Directions

Place the farro in a large saucepan. Add the water to cover. Stir and bring to a boil over high heat, then reduce the heat to low, cover and cook until the farro is tender yet still somewhat chewy, about 30 minutes. Drain, then transfer the farro to a mixing bowl and allow it to cool in the refrigerator or at room temperature.

Toast the walnuts in a small, dry skillet over medium heat, stirring frequently, until they are fragrant and lightly toasted, about 3 minutes. Cool, then coarsely chop.

Add the spinach, cucumber, feta, scallion, parsley, dill, oil, lemon juice, salt and pepper to the bowl of cooled farro; toss until well incorporated. Divide among individual plates or a serving bowl. Sprinkle with the toasted walnuts. Serve right away.

Serves 4