



Veggie Farro Salad



PREP TIME

10 min

COOK TIME

25 min

SERVINGS

4

COST PER SERVING

\$1.37

Ingredients

For the Salad

- 1 cup farro, uncooked
- 1 can chickpeas, drained and rinsed
- 1 cup cherry tomatoes, rinsed and cut in half
- 1 yellow bell pepper, rinsed and diced
- 1 cup shredded carrots
- 2 cups packed spinach, roughly chopped

For the Dressing

- 1 ½ Tbsp balsamic vinegar
- 1 Tbsp oil
- ½ Tbsp Dijon mustard
- 1 tsp dried oregano
- 1 clove garlic, minced
- 1/8 tsp black pepper

Procedure

Cook farro according to package directions.

In a small bowl, whisk together the dressing ingredients. Set aside.

Prepare vegetables as indicated (cut/chop/dice).

Once farro is ready, add in the chickpeas, tomatoes, bell pepper, carrots, spinach, and prepared dressing. Mix well to combine.

To store, place in an air-tight container in the refrigerator for up to 4 days.

Recipe Notes

Try doubling the recipe to have leftovers for a few meals during the school week! To save time, try microwavable farro (You can find this at Target and other major grocery stores).

