

# MEDITERRANEAN SUMMER FARRO SALAD

*Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 6 (Serving= 1 cup)

## Nutrition (per serving)

Calories: 194

Total Fat: 6 g

Saturated Fat: 2 g

Sodium: 169 mg

Total Carbohydrate: 27 g

Dietary Fiber: 5 g

Total Sugars: 3 g

Protein: 10 g



## Ingredients

- 2 cups cooked farro
- 2 cups quartered cherry tomatoes
- 1 cup no salt added canned chickpeas (garbanzo beans), drained and rinsed
- ½ cup diced red onion
- 1 clove garlic, peeled and minced
- ¾ cup cubed reduced fat mozzarella cheese
- 1/3 cup finely chopped fresh basil leaves
- 1 ½ Tablespoons extra virgin olive oil
- ½ Tablespoon balsamic vinegar
- 1 Tablespoon fresh lemon juice
- 1/8 teaspoon salt
- ½ teaspoon ground black pepper



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## Directions

1. In a large bowl, combine all ingredients and toss until evenly coated.
2. Refrigerate for at least 20-30 minutes to allow flavors to marinate together. Serve chilled.