

SPRING FARRO SALAD

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 7 (Serving= 1 cup)

Nutrition (per serving)

Calories: 170

Total Fat: 5 g

Saturated Fat: 1.5 g

Sodium: 216 mg

Total Carbohydrate: 12 g

Dietary Fiber: 5.5 g

Protein: 7 g



Ingredients

- 2 cups water
- 1 cup farro (use quinoa, brown rice or sorghum for GF version)
- 1 medium red pepper, diced
- 1 medium yellow pepper, diced
- 1 cup asparagus, cut into 1 inch pieces
- 1 cup zucchini, sliced into coins and halved
- 1 cup red onion, sliced
- 1 teaspoon garlic, minced
- 1 Tablespoon olive oil
- ¼ teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup grated Parmesan cheese
- ¼ cup chopped fresh flat leaf parsley
- ¼ cup chopped fresh basil
- 2 Tablespoons fresh lemon juice



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Directions

1. Preheat oven to 425 degrees Fahrenheit.
2. Combine the water and farro in a medium saucepan. Bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer until the farro is tender, about 25-30 minutes. Drain well, and then transfer to a large bowl to cool.
3. In a large bowl, toss all the vegetables together with olive oil, garlic, salt, and pepper and spread out on baking sheet. Roast for 15 minutes flipping half way through.
4. In a large bowl, toss roasted vegetables, Parmesan cheese, parsley, basil, and lemon juice with farro. Can be served immediately or refrigerated and served cold.



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