

## Winter Farro Salad

### Ingredients:

Serves 8

- 2 C pearled farro (ancient wheat-like grain)
- 2 T balsamic vinegar
- 1 tsp. Dijon mustard
- ¼ tsp. garlic powder
- ½ tsp. dried rosemary
- ¼ C olive oil
- 1/2 C raisins (low-sugar variety)
- 1/3C fresh parsley- chopped
- 1 C shelled edamame
- 4 oz. Goat cheese



### Directions:

1. Cook farro according to package, drain and transfer to a bowl to cool.
2. While farro is cooking, whisk balsamic vinegar, mustard, garlic powder and rosemary together.
3. slowly whisk in olive oil until emulsified.
4. Allow to sit at room temperature until farro is cooled.
5. Add raisins, parsley, edamame and cheese (if desired).
6. When you are ready to serve, pour dressing over the cooked farro, toss and serve.

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1/2 C</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	<b>0%</b>
Calcium 70mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 91mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.