



Cooking in the Kitchen at Olums

Molly Morgan RD, CDN, CSSD
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Roasted Vegetable Farro Salad

Serves 6

Ingredients:

- 1 cup whole grain farro
- 2 ½ cups water
- 8 medium carrots, peeled and sliced into ½-inch slices
- 16 oz. Brussels sprouts, trimmed and quartered
- ¼ cup plus 1 tablespoon extra-virgin olive oil
- ½ cup red wine vinegar
- 1 teaspoon honey
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ½ cup crumbled feta cheese

Directions:

1. Combine the farro and water in a saucepan over medium heat. Bring the mixture to a boil and then reduce the heat to low. Cover and simmer for 25 – 30 minutes or until the water is absorbed. Remove from the heat and let the farro cool.
2. Preheat the oven to 425° F.
3. Toss the carrots and Brussels sprouts with 1 tablespoon of olive oil and place on a baking sheet. Roast for 20 – 25 minutes, until the vegetables are tender and lightly browned.
4. In a small bowl whisk together ¼ cup of the oil, red wine vinegar, salt, and pepper. Stir in the feta cheese.
5. In a large bowl combine the cooked farro, the roasted vegetables, and toss with the dressing. Stir to combine and serve warm or chill the salad and serve it chilled.