

Farro Salad with Chive-Citrus Vinaigrette

EASY recipe

1 cup farro (substitute wheat berries,
pot barley or quinoa)

1 carrot, diced

1 stalk celery, diced

1 red pepper, seeded and diced

1 cup cooked green peas

4 cups baby spinach or kale

3 tbsp orange juice

3 tbsp extra-virgin olive oil

1 tbsp rice wine vinegar

¼ tsp salt

¼ cup freshly chopped chives

¼ cup salted sunflower seeds

2 tbsp dried cranberries



Cook farro according to package directions. **Remove** from heat, rinse to cool and add to a large serving bowl. **Add** carrot, celery, pepper, peas and spinach to the bowl. **Toss** well. **In** a small bowl, whisk together orange juice, oil, vinegar, salt and chives. **Pour** dressing over salad. **Sprinkle** with sunflower seeds and cranberries. **Toss** and serve.

Makes 6 servings. Per serving: 244 calories | 8g protein | 10g total fat | 1g saturated fat
6g mono fat | 3g poly fat | 33g carbohydrate | 6g sugar | 8g fiber | 185mg sodium