

Italian Farro Salad with Grape Tomatoes, Feta and Kalamata Olives

Wheat berries are one of the new ancient products to hit our shelves. They are delicious in salads, giving a nutty flavor and a chewy texture. They have names as simply wheat berries, farro (from Italy), kamut (from Egypt), freekeh (from Arabia) or spelt (from Germany). Each culture has its differences, depending on the land, climate and variety of the wheat berry. You can purchase wheat berries as whole grains or cracked. If they look like a small seed or grain of rice, they are whole grain, but if they look like broken pieces, they are cracked. The difference is important as the whole grains take longer to cook. You can soak them for a couple of hours for faster cooking or they can go straight into the pot with plenty of water and can be cooked like pasta and drained. I found this method the fastest. Most of the wheat berries cook in 30 minutes, but some will take up to 50 minutes if not soaked or when cooked in less water. Try different varieties, depending on availability and your taste.

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| 1 cup | farro | 1 | zest from one lemon |
| 3 cups | grape tomatoes, sliced in ½ lengthwise | 2 Tablespoons | olive oil |
| ¼ teaspoon | kosher salt (not table salt) | 1 Tablespoon | red wine vinegar |
| 4 ounces | Feta cheese, cut into chunks | ½ teaspoon | dijon-style mustard |
| ½ cup | kalamata olives pitted & sliced | 3 Tablespoons | fresh basil, chiffonade or chopped |

- 1 Place farro and at least 2 quarts of water in a large pot. Bring to a boil. Cook for about 30 minutes until farro is al dente. Farro will be soft, but have a chewy texture. Once the farro is cooked, drain the farro and place in your salad bowl.
- 2 While the farro is cooking, prep the tomatoes, feta, olives, lemon zest and basil. Sprinkle the tomatoes with kosher salt to bring out their flavor.
- 3 Make the vinaigrette. In a salad dressing shaker or bowl, mix together the olive oil, vinegar and dijon mustard.
- 4 Mix together the farro, tomatoes, olives, lemon zest and ½ the basil with enough vinaigrette to coat. Garnish with feta chunks and remaining basil.

Servings: 4

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Total Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 357 calories, 157 calories from fat, 17.7g total fat, 25.2mg cholesterol, 667.2mg sodium, 286.9mg potassium, 39.7g carbohydrates, 5.4g fiber, 5.2g sugar, 12.1g protein.

Source

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