

Farro with Pomegranate & Apple

TASTE CHANGES

15 Min. Prep | 30 Min. Cook |
Makes 4 Servings

Ingredients

- 1 cup farro, cooked
- 1/2 cup pomegranate seeds
- 1 cup apple, peeled, cored, and diced
- 2 cups Tuscan kale, chopped
- 2 scallions

FOR DRESSING:

- 1 clove garlic, minced
- 2 Tbsp orange zest
- 3 Tbsp orange juice
- 1 Tbsp white wine vinegar
- 3 Tbsp olive oil
- 2 tsp Dijon mustard
- salt & pepper, to taste



Directions

1. Bring a medium saucepan with 3 cups of water to a boil. Add farro, reduce heat to medium and cook for 25-30 minutes, until tender. Drain farro through a mesh sieve and set aside to cool.
2. Meanwhile, make the dressing. Combine the garlic, zest, orange juice, vinegar, oil, mustard, salt and pepper in a small bowl. Whisk to combine.
3. In a large bowl combine the pomegranate seeds, apple, kale, scallions and farro. Toss to combine. Add 3 tablespoons of the dressing to the salad and toss.

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Notes

Can complement a dinner entrée as a heart healthy side dish or eaten as a stand alone lunch.

Great for make ahead meal prep.

Additional benefits:

- Good source of whole grains.
- Rich in antioxidants and heart protective compounds.

Nutrition Info

195 calories, 3g protein, 11g total fat, 1g saturated fat, 74mg sodium, 21g carbs, 2g fiber, 0g added sugars

