



Cherry Farro Salad with Sweet Vinaigrette

Jacob · 30/09/2024



Prep Time

1 hr 30 mins

Difficult

Medium

Servings

2 hrs

Description

Here's a delicious salad using a whole grain that not only tastes good but is good for you. The flavors are refreshing and sweet while the crunchy nuts and farro give it wonderful texture.

Ingredients

— - ¼ cup extra-virgin olive oil - ¼ cup pure maple syrup - ¼ cup apple cider vinegar - 2 teaspoons white sugar - ½ teaspoon salt - ¼ cup chopped walnuts - 2 ½ cups chicken broth or vegetable broth - 1 cup farro - ½ teaspoon dried oregano - ½ teaspoon dried basil - 1 cup chopped tart green apple - ¾ cup dried cherries - 2 tablespoons chopped flat-leaf parsley

Instructions

1. Whisk oil
2. maple syrup
3. vinegar
4. sugar
5. and salt together in a bowl until dressing is smooth. Cook and stir walnuts in a small skillet over low heat until toasted and fragrant
6. 3 to 4 minutes. Bring chicken broth
7. farro
8. oregano
9. and basil to a boil in a saucepan. Reduce heat to medium-low and simmer for 10 minutes. Remove saucepan from heat
10. cover with a lid
11. and let sit until all the liquid has been absorbed
12. about 30 minutes. Transfer farro to a glass bowl and cool to room temperature
13. about 30 minutes more. Mix walnuts
14. green apples
15. dried cherries
16. and parsley into farro. Drizzle dressing over farro mixture and toss to coat; refrigerate until chilled
17. at least 30 minutes. Cook's Notes: I have also substituted celery or jicama in place of the apple; it adds crunch and color but prefer the apple for taste. Vegetable broth can be substituted for chicken broth. Honey can be substituted for maple syrup. For this recipe
18. use par-boiled Italian farro or spelt.