

Healthy Warm Farro Salad

Jacob · 30/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

6

Description

The is a quick and delicious side that my kids love This salad can be served warm or cold It is great as a packed lunch too

Ingredients

- - 1 tablespoon olive oil - 2 cloves garlic
- minced - 2 teaspoons lemon juice - salt and ground black pepper to taste - 2 cups chicken broth - 1 cup farro - 2 cups chopped kale - ½ cup crumbled reduced-fat feta cheese

Instructions

1. Mix olive oil
2. garlic
3. lemon juice
4. salt
5. and pepper together in a bowl. Combine chicken broth and farro together in a large frying pan or wok; bring to a boil. Reduce heat to medium and simmer until farro is tender and the broth is absorbed
6. 20 to 25 minutes. Stir olive oil mixture into farro until farro is coated. Add kale to farro mixture; cook and stir until kale is wilted
7. 2 to 3 minutes. Sprinkle feta cheese over farro salad and stir until cheese is incorporated. Season salad with more salt and pepper if desired. Cook's Notes: Pearled or whole grain farro can be used. For a firmer texture use less liquid and for a softer texture use more liquid when boiling the farro. Feel free to substitute spinach for the kale. Vegetable broth can be substituted for the chicken broth.