

Greek Farro Salad

Jacob · 30/09/2024

**Prep Time**

15 mins

Difficult

Medium

Servings

45 mins

Description

Farro salad is a great summertime salad as doesn't get soggy and holds up to the dressing very well. I wanted to combine it with a Greek-style salad for a Mediterranean vibe. It's a great side to grilled food. Add black olives or fresh herbs to your liking.

Ingredients

- 1 ½ cups farro - 4 cups chicken broth - 1 teaspoon olive oil - 1 teaspoon sea salt
- or to taste - ¼ cup extra-virgin olive oil - 3 tablespoons fresh lemon juice - 1 tablespoon Greek seasoning - 1 clove garlic
- minced - 1 cup seeded
- diced tomato - 1 cup seeded
- diced cucumber - 1 cup chopped red bell pepper - ¾ cup thinly sliced red onion - 1 cup crumbled feta cheese - salt and ground black pepper to taste

Instructions

1. Rinse farro with water; drain. Place farro in a pot; pour in chicken broth to cover farro by at least one inch
2. adding water if needed. Stir in 1 teaspoon olive oil and sea salt. Bring liquid to a boil; reduce heat to medium and simmer
3. uncovered
4. stirring frequently
5. until tender
6. about 35 minutes for whole grain farro or about 20 minutes for pearled farro. Drain farro
7. rinse with cold water
8. and set aside to cool completely
9. about 15 minutes. Meanwhile
10. whisk 1/4 cup extra-virgin olive oil
11. lemon juice
12. Greek seasoning
13. and garlic together in a large bowl. Stir in tomato
14. cucumber
15. red pepper
16. red onion
17. and feta cheese. Stir cooled farro into tomato mixture until completely coated with dressing; season with salt and pepper. Cook's Note Refrigerate salad for about 2 hours before serving. Vegetable broth can be used in place of the chicken broth. Add a 1/4 cup of chopped fresh herbs of your choosing like mint
18. cilantro or dill. The farro might soak up some of the lemon juice and oil
19. so you may need more dressing after it sits in the fridge for a day or two. I like to add half of a used lemon to the farro while cooking; after 5 minutes most of the lemon oils are used up and it can be tossed out. Some of the acidity from the lemon helps open up the husks if you are using whole grain farro. For a nice presentation
20. serve on lettuce leaves and sprinkle with fresh herbs.