

## RECIPE

# Savory Farro Salad



Ready in **5 hours**

Serves **3 people**

## Ingredients

- 1 cup farro
- 1 cup apple cider
- 2 tsp kosher salt
- 2 bay leaves
- 2 cups water
- 8 tbsp extra-virgin olive oil
- 2 tbsp lemon juice
- ½ cup parmesan cheese
- ½ cup chopped pistachio nuts
- 2 cups arugula leaves
- 1 cup chopped parsley
- 1 cup mint
- ¾ cup halved cherry tomatoes
- ⅓ cup sliced radish

## Preparation

1. In a medium saucepan, bring farro, apple cider, salt, bay leaves, and water to a simmer.
2. Simmer until farro is tender and liquid evaporates; about 30 minutes. Add additional water if all the liquid evaporates before the farro is done.
3. Let the farro mixture cool, then discard bay leaves.
4. In a large bowl, whisk together olive oil, lemon juice, and a pinch of salt.
5. Combine farro, parmesan cheese, and pistachio nuts into olive oil mixture.
6. Rest for 4 hours at room temperature or overnight in the refrigerator.
7. Before serving, mix in arugula, herbs, tomatoes, radish, and salt.
8. Serve and enjoy!