

FARRO SALAD WITH RED GRAPES, PISTACHIOS, FETA, AND RED WINE VINAIGRETTE

Yield: 8 Portions

Ingredients	Amounts
Farro, dry	1 cup
Red and green California grapes, halved	2 ½ cups
Pistachios, toasted, chopped	¾ cup
Mint, chiffonade	½ cup
Parsley, chopped	½ cup
Arugula, baby	2 cups
Salt	to taste
Black pepper, ground	to taste
Feta cheese, crumbled	1 cup
<i>Vinaigrette</i>	
Red wine vinegar	½ cup
Dijon mustard	2 Tbsp.
Honey	1 Tbsp.
Salt	to taste
Black pepper, ground	to taste
Extra virgin olive oil	1 ½ cups

Method

1. Rinse the farro. In a medium saucepot, heat the farro and water until boiling. Turn down to a simmer and cook for 45 min-1 hour, until tender. Season water with salt about ½ way through cooking if desired. Drain farro, and set aside to cool.
2. *For the Vinaigrette:* Place all vinaigrette ingredients in a bowl except for the olive oil. Mix with a whisk to combine. Drizzle in the olive oil slowly, whisking constantly, to form an emulsified vinaigrette. Season to taste and set aside.
3. In a large bowl, combine all ingredients for the salad except for the feta cheese. Season with salt and pepper.
4. Mix in the vinaigrette. When combined, add the cheese and toss gently.
5. Serve chilled or room temperature.