Farro Caprese Salad

Nancy and I spent some time at the Bob’s Red Mill vendor booth at the annual Food & Nutrition Conference and Expo last October. They generously donated a variety of their whole grain and bean products and cookbooks to our Employee Wellness and Health Promotion Program. I made Farro Caprese Salad from their Whole Grains Every Day cookbook for a family dinner recently. Everyone loved it—even my son-in-law who can be fussy about his food. Farro is an ancient variety of wheat. It has a nutty taste and a pleasant chewy texture. It is an excellent whole grain substitute for Arborio rice used in risotto. You can find “par-boiled” 10-minute farro and it works well in this recipe. I keep frozen cooked farro on hand to add to soups, salads, a quick bean and vegetable sauté or to warm up as a breakfast cereal with nuts and fruit.

Recipe submitted by: Jodi Charvoz, MEd, RDN
Recipe from: Bob’s Red Mill Natural Foods

Tell us what you think!
#UALifeWork

Farro Caprese Salad
Serves: 10
Cook time: 15 minutes
Ready in 20 minutes

Ingredients

- 2 cups farro
- 1 tsp. salt
- 6 cups water
- 5 Tbsp. extra virgin olive oil
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. red wine vinegar
- ¾ tsp. ground black pepper
- 2 cups cherry tomatoes, halved
- ¼ cup shallots or red onion, halved
- 1 garlic clove, finely minced
- 1/3 cup fresh basil, chopped
- 1/3 cup fresh parsley, chopped
- 10 oz. fresh mozzarella (the small ball-shapes), cut in half

Directions

1. Bring water and 1 tsp. salt to a boil. Add farro and cook according to package directions.
2. Drain and rinse in cold water. Let sit for a few minutes so rinse water drains from farro.
3. Whisk together olive oil, vinegars and black pepper. If desired, add salt to taste.
4. Mix remaining ingredients in with farro.
5. Add vinegar/oil mixture and blend.
6. Serve immediately or refrigerate.

Nutrition Facts

Serving Size (115g)
Serving Per Container

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 226</th>
<th>Calories from Fat 120</th>
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</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 16g</td>
<td>22%</td>
<td></td>
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<tr>
<td>Saturated Fat 5g</td>
<td>26%</td>
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</table>
| Trans Fat 0g | 1%
| Cholesterol 25mg | 8%
| Sodium 20mg | 1%
| Total Carbohydrate 30g | 10%
| Dietary Fiber 5g | 20%
| Sugars 4g | |
| Protein 15g | |

Vitamin A 10% + Vitamin C 10%

Calium 2% + Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calions: 2000 2500

Total Fat Less than 65g 46g
| Cholesterol | Less than 300mg 200mg
| Sodium | Less than 2400mg 1500mg
| Total Carbohydrate | 300g 200g
| Dietary Fiber | 42g 25g

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4