

Cherry-Almond Farro Salad

Servings: 6

Active Time: 25 minutes

Total Time: 40 minutes

Ingredients

1 cup faro, rinsed

2 cups water

½ teaspoon salt, divided

¼ cup white balsamic vinegar

3 tablespoons extra-virgin olive oil

¼ teaspoon freshly ground pepper

2 cups sweet cherries, pitted and halved

½ cup diced ricotta salata or feta cheese

¼ cup slivered almonds, toasted

3 tablespoons finely diced red onion

2 tablespoons chopped fresh mint

Directions

1. Combine faro, water and ¼ teaspoon salt in a medium saucepan. Bring to a boil over high heat. Reduce heat to maintain a gentle simmer, cover and cook until the faro is tender, 20 to 30 minutes. Drain any remaining liquid and fluff with a fork. Spread the faro out on a large rimmed baking sheet to cool for 10 minutes.
2. Meanwhile, whisk vinegar, oil, pepper and the remaining ¼ teaspoon salt in a large bowl.
3. Add cherries, ricotta salata (or feta), almonds, onion, mint and the farro. Gently stir to combine.

Nutrition Info

Per serving: Calories 277; Fat 13 g; Cholesterol 11 mg; Carbohydrates 36 g; Sugar 10 g; Protein 7 g; Fiber 4 g; Sodium 339 mg.