

BETH DOOLEY
HEALTHY TUSCAN FARRO SALAD
Serves 4 to 6

This hearty salad makes a fine made dish or side salad. It keeps nicely in the refrigerator for two days and tastes great served at room temperature or chilled.

1 pound farro, rinsed and drained
2 carrots, halved crosswise and diced
1 small red onion, halved and diced
1 rib celery, halved crosswise and diced
1 large shallot, minced
2 red bell peppers, seeded and diced
¼ cup extra virgin olive oil
¼ cup fresh orange juice
1 teaspoon freshly grated orange rind
3 teaspoons minced fresh thyme
¼ cup freshly chopped parsley
Salt and freshly ground black pepper to taste

Put the farro into a large pot and cover with water by about 2 inches. Set over high heat, bring to a boil, reduce the heat to a simmer, partially cover and cook about 15 to 20 minutes until the farro is tender. Drain and set aside.

In a large salad bowl, toss together the carrots, red onion, celery, shallot, red bell peppers. Toss in the farro.

In a small bowl, whisk together the olive oil, orange juice, orange rind, minced thyme and toss into the farro. Toss in the parsley and season with salt and freshly ground black pepper.