

Side | Lunch

Apple Farro Salad

10 Mins
Prep Time

20 Mins
Cook Time

8
Servings

318 Calories **18g** Fat **32g** Carbs **9g** Protein



Ingredients

8 Servings **30 Mins Total Time** **Allergens: Gluten, Dairy, Nuts**

- 1 Cup Farro
- 1 ½ Tbsp Apple Cider Vinegar
- 1 ½ Tbsp Honey
- 1 Tbsp Grainy Mustard
- ¼ Cup + 1 Tbsp Extra Virgin Olive Oil
- 3 Green Onions, thinly sliced
- 1 Large Apple, diced
- ½ Cup Crumbled Feta Cheese
- ½ Cup Dried Cherries
- ½ Cup Toasted Walnuts*, chopped

*Toast walnuts in a dry skillet over medium heat. Cook, tossing frequently, until toasted in aroma.

Allergen Swap

Gluten Replace farro with a gluten-free grain, like quinoa.

Dairy Omit feta cheese.

Nuts Omit toasted walnuts, replace with roasted sunflower seeds.

Nourishment Note



Farro

Farro is a whole grain, rich in antioxidants and fiber. The antioxidants in farro can help protect healthy cells in the body from damaging free radicals.



Apple

Apples are filled with antioxidants, which may help protect the cells in the lungs from oxidative damage.



Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for reducing inflammation within the body.

Instructions

1. Prepare Farro

Prepare farro according to package directions.

2. Whisk Together Dressing

In a large bowl, whisk together the vinegar, honey, mustard, salt and pepper. Slowly drizzle in the oil, while whisking, until all the oil is combined.

3. Toss Salad

Add onions, apple, cheese, cherries, walnuts and farro to the bowl. Toss until well combined.

4. Serve & Enjoy

Serve immediately or serve cold. Enjoy!

Recipe adapted from michiganapples.com

What You'll Need



Sauce Pan



Spoon



Measuring Cups



Measuring Spoons



Large Bowl



Whisk



Knife



Cutting board

Breathe Better Food Tip

- Salicylates: Apple can be high in salicylates, try a lower salicylate variety, such as golden delicious; Omit dried cherries.
- Sulfites: Omit dried cherries.