

Side | Lunch | Dinner

Grain Salad with Arugula & Ginger Turmeric Dressing

Side Effect: Constipation

20-25 Mins
Prep Time

40 Mins
Cook Time

8
Servings

607 Calories **38g Fat** **54g Carbs** **12g Protein**



Ingredients

8 Servings • ½ Cup Serving Size

60 Mins Total Time Allergens: Nuts, Gluten, Dairy

Salad

1 Package (17 oz) Farro

1 Cup Roasted, Slivered Almonds

3 Cups Arugula, rinsed

½ Cup Dried Cherries

¼ Cup Goat Cheese, pasteurized

Dressing

⅔ Cup Golden Balsamic Vinegar 1 Tsp Garlic Powder

2 Tbsp Fresh Ginger, peeled 1 Tsp Salt

2 Tbsp Fresh Turmeric, grated ½ Tsp Pepper

3 Tbsp Whole Grain Mustard 1 Cup Extra Virgin Olive Oil

Allergen Swap

Gluten Replace the farro with brown rice

Dairy Omit the goat cheese

Nuts Replace the slivered almonds with sunflower seeds

Nourishment Note



Farro

Farro is a whole grain that contains both plant-based protein and fiber. The fiber content can help to relieve constipation and the protein can help build new and healthy cells.



Arugula

Arugula is a leafy green vegetable that contains vitamin K to help with bone and heart health. It also contains important insoluble fiber to help relieve constipation.



Dried Cherries

Cherries are a great source of anthocyanins. Anthocyanins may help protect the heart and lower inflammation within the body.



Ginger

Ginger is a powerful antioxidant that has been shown to reduce nausea.



Turmeric

Turmeric contains high amounts of antioxidants and has been known to fight inflammation.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Preheat Oven

Preheat oven to 375 °F.

3. Prepare Farro

Prepare farro according to package instructions. Once cooked, drain the water and spread evenly on a cookie sheet. Place in the fridge to cool.

4. Toast Almonds

While the farro is cooking, place the slivered almonds on an aluminum foil lined cookie sheet and toast in the oven for 6-8 minutes, or until golden brown in color.

5. Prepare Salad Dressing

Combine all dressing ingredients, except the olive oil into a blender. Puree on high until smooth. Pour contents into a bowl using a mesh strainer to collect all of the large chunks. Slowly whisk the olive oil into the mixture. Set aside.

6. Combine Ingredients

In a large mixing bowl combine the cooled farro, toasted almonds, arugula, dried cherries, and goat cheese, and the dressing.

7. Mix Contents

Using tongs, mix contents until evenly combined.

8. Refrigerate Salad

Refrigerate salad within 2 hours. Salad will keep in the fridge for up to 2 days.

9. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

What You'll Need



Measuring Cups



Measuring Spoons



Blender



Strainer



Whisk



Small & Large Mixing Bowls



Large Pot



2 Cookie Sheets



Aluminum Foil



Tongs

Fatigue Buster

- **Ginger & Turmeric:** Fresh ginger and turmeric can be substituted for dried versions to omit the use of a blender. Use 1 Tbsp of each instead of the above 2 Tbsp.
- Ask a friend or family member to help prepare this salad.

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