



Farro and Apple Salad with Maple-Balsamic Vinaigrette 8 servings

1 cup farro
1 teaspoon salt
1/2 cup toasted pecans, chopped
2 apples, diced
Juice of 1 lemon
1/4 cup scallions, sliced
1 carrot, shredded
1 cup dried cranberries or dried cherries
1/4 cup fresh parsley leaves

Maple-Balsamic Vinaigrette

3 Tbsp balsamic vinegar
1 Tbsp lemon juice
1 Tbsp maple syrup
1/4 cup extra-virgin olive oil
3/4 tsp kosher salt and pepper to taste

In a bowl, whisk together the ingredients for the vinaigrette and set aside.

In a sauce pan, combine the farro with 2 1/2 cups salted water and bring to a boil. Reduce the heat and simmer, covered for about 30 minutes or until tender. Drain any excess water and cool farro.

Combine the farro, apple, pecans, scallions, carrot, dried cranberries with the vinaigrette and toss to combine well.

