

Spinach Artichoke Farro Salad

This salad plays like the best of nutrient-dense foods: Whole grains! Beans! Leafy greens! Veggies! The fiber and plant-based protein in the beans and farro, along with the fat in the lemony dressing, mean this dish can stand on its own as a meal, but you could add some cooked chicken or canned tuna to further boost the protein. It keeps well in the fridge for 4-5 days, making it a great recipe for lunch-time meal prep.

Makes about 8 cups

Ingredients:

Farro

5 cups water

1 teaspoon kosher salt

1 cup farro, rinsed

Lemon Dill Dressing

¼ cup lemon juice

2 tablespoons lightly packed fresh dill, finely chopped

1 tablespoon white wine or apple cider vinegar

1 teaspoon lemon zest

½ teaspoon Dijon mustard

1 clove garlic, finely grated

½ teaspoon fresh cracked black pepper

¼ teaspoon kosher salt

6 tablespoons olive oil

Salad

½ cup red onion, thinly sliced

1 (15-ounce) can white beans or chickpeas, drained and rinsed

1½ cups canned or marinated artichokes, drained and roughly chopped (about a 14-ounce can or jar)

3 cups lightly packed baby spinach, roughly chopped

4 ounces feta cheese (I love using a traditional sheep's milk feta but use what is available to you), crumbled

Directions

1. Bring water and salt to a boil in a 2½-3-quart saucepan. Add farro, reduce heat to medium and cook for 30 minutes or until tender. Drain and cool to at least warm room temperature.
2. Meanwhile, in a mixing bowl, combine all lemon dill dressing ingredients, except olive oil. Slowly drizzle in olive oil, whisking to emulsify. Alternatively, place all dressing ingredients in a small food processor or blender and blend to combine.
3. Add onions to the dressing in the mixing bowl and allow to sit while farro cools. This lightly pickles the onions removing some of their sharpness.
4. Add farro, beans, artichokes and spinach. Toss to combine.

5. Serve topped with feta crumbles.

Tip: Cooked farro freezes well. Consider cooking extra to keep on hand for future salads and grain bowls.