

## Mediterranean Farro Salad

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### INGREDIENTS

#### Salad Ingredients:

- 1 cup cooked farro (I used this [brand](#))
- 1 large cucumber, seeded and finely-diced
- 2/3 cup finely-diced red peppers
- 1/2 cup finely-diced grape tomatoes
- 1/2 cup crumbled feta cheese
- half of a small red onion, finely diced (about 2/3 cup)
- 1/4 cup finely-chopped fresh parsley

#### Greek Vinaigrette Ingredients:

- 3 Tablespoons olive oil
- 1 Tablespoon freshly-squeezed lemon juice
- 1 Tablespoon red wine vinegar
- 1/4 teaspoon honey
- 1/4 teaspoon Dijon mustard
- pinch of garlic powder
- salt and pepper to taste

### DIRECTIONS

#### To make the salad:

Cook farro according to package instructions until al dente. Remove from heat, and drain off any extra stock once the farro is cooked. Let farro cool for at least 10 minutes. Note: vegetable or chicken stock can be used to cook farro instead of water.

Transfer farro to a large mixing bowl. Add in remaining ingredients including the vinaigrette and toss until combined.

Serve immediately or cover and refrigerate for up to 2 days.

#### To make the Greek vinaigrette:

Whisk all ingredients together until combined.