

Recipe Title: FARRO, FRUIT & MINT SALAD

Total Yield: About 4 CUPS Portion Size: ½ CUP # of Portions: 8

Cooking Temp.: COOK/CHILL Production Time: ABOUT 1 HOUR

Ingredients	Weight-Measure	Method
<p>FARRO</p> <p>WATER</p> <p>Salt</p> <p>For the dressing: Grated Orange Zest, fresh Fresh Orange juice Fresh lemon zest Fresh Lemon Juice Extra-virgin Olive Oil</p> <p>FOR THE SALAD: Sweet cherries (pitted), cantaloupe or peaches, sliced or diced</p> <p>Scallion/green onion-sliced thin Chopped fresh mint Crumbled feta cheese</p> <p>(Nice combinations: pitted & sliced cherries with toasted almond or pecan pieces, cantaloupe with pistachio pieces or fresh chopped peaches with toasted almond pieces)</p>	<p>1CUP</p> <p>2 ½ CUPS</p> <p>Pinch</p> <p>2 tsp (about 1 orange)</p> <p>¼ cup of 1 lemon</p> <p>1 Tablespoon</p> <p>¼ cup</p> <p>2 cups</p> <p>¼ Cup (2 small gr.onion)</p> <p>1 Tablespoons</p> <p>½ cup</p>	<p>Bring salted water to a boil. Add the Farro, stir & cover with a lid. Lower temperature to a simmer (medium-low) until Farro is al dente, about 25- 35 minutes. Do not lift lid to check until after 25 min. Drain well, shake off excess water. Place Farro on a sheet tray or flat dish to cool quickly.</p> <p>In a large bowl combine the orange zest, orange juice, lemon juice, extra-virgin olive oil & whisk to blend.</p> <p>Assembly: Combine the cooked Farro and dressing. Mix well. Season with fresh ground pepper and kosher salt. Add the fruit, green onion & chopped mint. Toss to combine. Just before service-top with the crumbled feta cheese.</p> <p>This salad can be served at room temperature (up to 4 hours) or chilled.</p> <p>Make Ahead NOTES: Complete the salad as described, but do not add the fruit or feta cheese. Keep chilled up to 8 hours in advance. Before service-remove from refrigerator, toss and add the fruit & toss again. Top with the feta cheese.</p> <p>Other toppers: pistachio or toasted slivered almonds.</p>