

# FARRO TABBOULEH

by: CHEF KARLA

## INGREDIENTS:

1 cup	Farro, raw
3 cups	Water
1 teaspoon	Extra-virgin olive oil
3 each	Garlic cloves
½ cup	Lemon juice, fresh
½ cup	Parsley, fresh
¼ cup	Mint, fresh
5 each	Scallions
¼ cup	Basil, fresh
¼ teaspoon	Salt
½ cup	Grape tomatoes, quartered



## METHOD:

- In a medium saucepan, combine water and farro.
- Bring to a boil and then reduce heat to low, cover and simmer for 20 minutes, or until the farro is tender and has absorbed all of the water. Allow to cool.
- In a food processor, combine; olive oil, garlic, lemon juice, parsley, mint, scallions, basil, and salt, pulse until finely chopped.
- Transfer herb mixture to a bowl and toss with cooled farro and fresh tomatoes.

**CHEF'S NOTE:** This salad is tasty with most whole grains. Substitute quinoa, barley, or bulgur for variety.

Serves: 4  
Serving Size: ½ cup  
Calories: 90  
Fat: 2 grams  
Sodium: 140 milligrams  
Carbohydrates: 17 grams  
Protein: 2 grams  
Fiber: 2 grams

