

Chopped Strawberry Farro Salad with Honey Balsamic Vinaigrette

Nutritional Highlights

- This hearty summer salad includes strawberries, a whole grain, healthy fats, and fresh spring greens for a balanced and filling meal or side.
- Make your own salad dressing to cut unnecessary sugar and ensure quality fat sources.
- Serves 4 (meal-size portions)

Ingredients

- $\frac{3}{4}$ cup uncooked farro
- Chicken or vegetable broth
- 1 $\frac{1}{2}$ cups strawberries, hulled and quartered
- 1 large avocado, diced
- 6 cups loosely-packed spinach & arugula mix, roughly chopped
- $\frac{1}{2}$ cup feta cheese, crumbled
- $\frac{1}{4}$ cup red onion, finely diced
- $\frac{1}{4}$ cup pecans, chopped and toasted
- Honey Balsamic Vinaigrette:
 - $\frac{1}{4}$ cup extra virgin olive oil
 - 2 Tbsp balsamic vinegar
 - 1 tsp Dijon mustard
 - 1 Tbsp honey
 - Salt & pepper, to taste

Directions

- Prepare farro according to package instructs, using broth instead of water. Place cooked farro in a serving dish to cool while preparing remaining ingredients.
- In a small bowl, prepare the honey balsamic vinaigrette by whisking together the olive oil, vinegar, mustard, and honey. Add salt and pepper to taste.
- Pour half the dressing over the farro and toss to combine. Store the remaining dressing in a sealed container in the refrigerator for up to one week.
- Add the remaining salad ingredients to the farro, and toss to combine. Serve immediately or chill until ready to serve.