

Farro Salad with Roasted Beets and Goat Cheese

Nutritional Highlights

- Beets contain many nutrients including folate, manganese, potassium, and magnesium
- Nitrates in beets could be beneficial in promoting heart health

Servings: 4

Ingredients

- 4 fresh medium-sized beets (or Trader Joes Steamed and Peeled Baby Beets)
- 1 cup farro, uncooked
- low sodium chicken or vegetable broth
- 1/4 cup chopped pistachios
- 1/4 cup crumbled goat cheese

Dressing

- 2 Tbsp fresh lemon juice
- 1/2 shallot
- 1 tsp Dijon mustard
- 1 tsp thyme
- 3-4 Tbsp olive oil
- kosher salt and pepper to taste

Directions

- Preheat oven to 400F. Cut off the leafy tops of the beets, leaving about 1 inch of stem. Scrub the beets and wrap individually in aluminum foil. Place on rimmed baking sheet to catch any leaks.
- Roast for 45-60 minutes depending on size, checking the beets after 25-30 minutes.
- If they look a little dry, you can add a little water or olive oil. Re-wrap and continue to roast until tender. A knife should slide in easily.
- Set the beets aside to cool. When cool, peel beets and cut into bite size chunks.
- Prepare the farro according to the package directions using the low sodium vegetable or chicken broth.
- Make the dressing: In a medium bowl, whisk together the lemon juice, mustard, shallot and thyme. Gradually whisk in the olive oil. Salt and pepper to taste.
- In a large bowl, combine the farro, beets, and dressing. Gently toss to combine.
- Top the salad with the pistachios and goat cheese.
- Enjoy!