

Wilted Spinach Salad with Beets and Halloumi

Nutritional Highlights

- Beets are a great source of iron, potassium, folic acid, and fiber
- Chickpeas add protein and fiber to make this a filling dish

Servings: 4

Ingredients

- 1 cup farro
- chicken or vegetable stock
- 4 Tbsp extra virgin olive oil
- 1 small red onion, cut into wedges
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 15.5 oz can chickpeas, drained and rinsed
- 2 (8 oz) packages Trader Joe's steamed and peeled beets
- 3 oz baby spinach leaves
- 1 cup loosely packed fresh mint leaves
- 1/2 cup walnuts, roasted and coarsely chopped
- 2 Tbsp balsamic glaze
- 6 1/2 oz haloumi, sliced

Directions

- Cook farro according to package instructions in chicken or vegetable stock.
- Meanwhile, heat 1 Tbsp oil in a large frying pan over medium heat. Add onion; cook, stirring, for 5 minutes or until tender. Add cumin and coriander; cook, stirring, for 30 seconds or until fragrant. Add chickpeas and beets; stir until heated through, about 3-4 minutes.
- Meanwhile, combine farro, spinach, mint, and walnuts in a large bowl. Drizzle with combined 1 Tbsp balsamic glaze and 2 Tbsp oil. Add beets and chickpea mixture; toss gently. Season with salt and pepper.
- Heat remaining 1 Tbsp oil in a large frying pan over high heat. Cook halloumi for 2 minutes on each side or until golden.
- Serve salad with halloumi. Drizzle with remaining 1 Tbsp balsamic glaze.