

## **Greek Farro Salad Recipe**

### **Salad Ingredients:**

- 3 cups chicken stock, vegetable stock or water
- 1 cup uncooked farro, rinsed and drained
- ½ cup finely-diced red onion
- 1½ cup finely-diced cucumber
- ½ cup finely-diced tomatoes
- ½ cup crumbled feta cheese
- ¼ cup finely-chopped fresh parsley
- optional add-ins: diced roasted red pepper, diced olives, additional herbs, can of chickpeas, salad greens

### **Dressing Ingredients:**

- 3 Tablespoons olive oil
- 1 Tablespoon freshly-squeezed lemon juice
- 1 Tablespoon red wine vinegar
- 1/4 teaspoon dried oregano
- pinch of salt and pepper
- pinch of garlic powder or 2 minced garlic cloves

### **Preparation:**

1. Cook grains according to instructions and let cool.
2. Mix grains with salad ingredients.
3. Mix vinaigrette separately, then combine with salad.
4. Serve immediately or cool and refrigerate up to 5 days.