Purple Cauliflower, Kale, Farro and Basil with an Herb Vinaigrette

Serves 2 as a main dish or 4 as a side dish

Ingredients

Small head Purple cauliflower

1 cup soaked organic farro - cook in water with herbs or low salt vegetable broth

2 cups cleaned kale leaves, torn off their stems

8-10 fresh basil leaves

1/4c slightly toasted pine nuts to sprinkle in top

Dressing:

½ c EVOO

1 freshly squeezed lemon

fresh basil, tarragon or favorite fresh herb

1 ½ tsp whole grain mustard (can add more to taste)

Salt and black pepper to taste

Pour all ingreds into a blender or Bullet and blend in high for 1-2 mins

Option: you can add a clove of the roasted garlic for extra complexity

Instructions:

Rinse and soak farro in cold water for 30 minutes. While farro is soaking, break up the cauliflower in small florets, liberally dressed with olive oil, salt and pepper, and roast in oven or toaster oven at 400 for 20 -25 minutes or until lightly browned/crispy, and set aside. *Option*: peel 2-3 fresh garlic cloves and roast with cauliflower. When soft, squeeze each clove onto cauliflower and toss well.

Clean and strip kale leaves from stems, roughly chop and set aside.

Cook farro in 2.5 cup liquid (favorite delicate broth or water with fresh herbs + lemon chunks) for 20-25 minutes until the green is plump and soft, but still al dente. When farro is practically done, add cleaned kale leaves and cover for 30-60 seconds until the kale is bright green and tears easily..Drain the remaining liquid.

Transfer the farro/kale to a serving bowl and immediately add the roasted cauliflower and toss with about half the dressing. Add the fresh basil and toasted pine nuts and slowly drizzle extra dressing on time, stirring slowly. Stop adding dressing when the farro is evely coating and glistening. Finish with sea salt and fresh pepper to taste. Pour the remaining dressing in a small picture and serve on the table.

Enjoy!