

BRYANNA' S FARRO AND GREEN GARBANZO SALAD (OR EDAMAME) WITH SPICY VINAIGRETTE <http://veganfeastkitchen.blogspot.ca/2014/03/simple-soup-and-salad-healthy-and.html>

Servings: 8

This easy salad makes a full meal for a light lunch or supper.

Salad Ingredients:

1 cup farro (*or use spelt or wheat kernels, which need to be soaked overnight and cooked for about an hour*)

2 cups frozen green garbanzo beans (*or shelled edamame/green soybeans*)

2 cups fresh or frozen sweet corn kernels

2 cups halved red grape tomatoes or diced fresh red tomatoes

1 cup chopped red onions

1 cup sliced celery

1 cup roasted (unsalted) peanuts (*you could substitute roasted pumpkin seeds*)

Spicy Vinaigrette:

2/3 cup [Oil Substitute for Salad dressing](#) OR cooking broth from cooking garbanzo or white beans

1/3 cup olive oil

1/3 cup red wine vinegar

1 tablespoon fresh (*or bottled organic*) lemon juice

1/2 tablespoon brown sugar

1/2 teaspoon salt

1/2 teaspoon dried oregano

1/2 teaspoon (*or more to taste*) Sriracha hot sauce

Garnish:

crisp lettuce leaves, olives and chopped fresh parsley or cilantro

To cook the farro, place in a medium pot with 3 cups of water and a few pinches of salt. Bring to a boil and quickly turn down to low heat. Cover and cook for 15 minutes, or until done to your taste, but not mushy. Immediately drain thoroughly and then spread on a baking sheet and place in the freezer or refrigerator until to cool it off while you prepare the other ingredients.

Make the Spicy Vinaigrette by combining all the ingredients well and setting apart.

Combine all of the salad ingredients, including the cooked, drained and cooled-down farro. Shake or whisk the dressing and pour over the salad. Mix well and chill until ready to serve. (This can be served at room temperature or cold.)

Nutrition (per serving): 292.3 calories; 47% calories from fat; 19.1g total fat; 0.0mg cholesterol; 169.7mg sodium; 348.8mg potassium; 40.1g carbohydrates; 7.7g fiber; 4.0g sugar; 32.4g net carbs; 8.6g protein.