



# Farro Salad with Shallot, Apple, Basil, Pecan, Parmesan, Parsley, and Arugula

## Ingredients:

- ☐ 1 c. whole-grain farro
- ☐ 2 c. low-sodium vegetable broth
- ☐ 1 1/2 tsp. kosher salt
- ☐ 1 bay leaf
- ☐ 1 large shallot, very thinly sliced
- ☐ 1/3 c. extra virgin olive oil
- ☐ 3 tbsp. apple cider vinegar
- ☐ 1 tbsp. Dijon mustard
- ☐ 2 tsp. honey
- ☐ freshly ground black pepper
- ☐ 2 c. lightly packed arugula\*
- ☐ 1 green apple, chopped
- ☐ 1/2 c. shaved parmesan cheese
- ☐ 1/4 c. freshly chopped basil
- ☐ 1/8 c. freshly chopped parsley
- ☐ 1/4 c. toasted pecans, roughly chopped - I got cashews instead.

## Notes:

- I switched the arugula for salad greens from my farm share.
- I completed step one below over the weekend to save time later.

## Instructions:

1. In a medium saucepan, combine farro, vegetable broth, salt, and bay leaf. Bring to a boil, reduce to a simmer, and let cook, stirring occasionally, until farro is tender and no broth remains. (about 30 min) When farro is cooked, transfer to a large bowl to cool.\*
2. In the meantime, make fried shallots: in a small saucepan over medium heat, combine oil and shallots. When the shallots begin to bubble, reduce heat to medium-low and cook, stirring occasionally, until shallots are crisp and golden. ( 15-20 min) Remove shallots from oil with a slotted spoon, place on a paper-towel-lined plate, and season with salt. Let oil cool.
3. Make dressing: in a medium bowl, combine the cooled olive oil with vinegar, mustard, and honey and season with salt and pepper.
4. Assemble salad: combine cooked farro, crispy shallots, arugula, apple, parmesan, basil, parsley, and pecans. Drizzle dressing over salad and toss to coat.