



Farro Pear and Grapefruit Salad

Serves: 6-8

Ingredients:

2 cups dry farro

3 celery stalks, rinsed and diced

2 carrots, rinsed and thinly sliced

1 pear, rinsed, unpeeled, cored and thinly sliced

1 small red onion, diced

1 Tbsp fresh tarragon, chopped

2 Tbsp pumpkin seeds (pepitas)

optional--1 fresh grapefruit, sliced for garnish (and eating it too!)

Vinaigrette:

Juice of 1 grapefruit (about 1/2 cup)

3 Tbsp extra virgin Olive oil

1/2 tsp salt

fresh ground pepper

Instructions:

1.Bring 5 cups of water to boil in a large saucepan, then add the dry farro and cook for 25 minutes, uncovered, until the water has almost completely evaporated. Turn off the stove, cover and set aside for 5 minutes.

2.Place the cooked farro in a large salad bowl and let it cool for a few minutes.

3.Meanwhile, place all the vinaigrette ingredients in a small container and whisk briefly.

4.Pour the vinaigrette over cooked farro, after it has had a chance to cool (it's OK if the farro is still warm, just not hot).

5.Add all the remaining ingredients and gently stir.

6.Add the chopped tarragon and pumpkin seeds and stir again.

Compliments of Catherine Katz