

# Cranberry Apple Farro Salad

## Ingredients:

1 1/2 cups farro	1 cup fresh cranberries (or 3/4 cup dried cranberries)
3 1/2 cups reduced sodium chicken broth	1/4 cup cranberry juice
1 tablespoon olive oil	1/4 cup maple syrup
1 sprig fresh thyme	1 tablespoon red wine vinegar
2 teaspoons Dijon mustard, divided	1/4 teaspoon black pepper
2 stalks celery, chopped	1/2 cup pecan pieces, toasted
1 honey crisp apple, peeled and chopped	
1/4 cup fresh parsley, chopped	

## Directions:

1. In a medium saucepan, bring the farro and broth to a boil. Stir in the olive oil, thyme sprig, and 1 teaspoon Dijon mustard. Reduce heat to a low simmer and cover. Cook covered for 20 minutes, or until farro is tender and most of the liquid has been absorbed. Stir to blend flavors, then pour into a colander to drain excess liquid and remove thyme sprig. Transfer farro to a serving bowl and fluff with fork. Let cool slightly.
2. In a small saucepan, combine juice, syrup, and fresh cranberries. Bring to a boil over medium heat and cook for about 5 minutes, until cranberries begin to burst. Remove from heat and stir in the remaining mustard, vinegar, and pepper.
3. Toss the cooled farro with the apple, parsley, and celery (add dried cranberries if using). Stir in the cranberry mixture and pecan pieces.
4. Optional: garnish with fresh parsley or thyme. Serve warm or cold.

## Nutrition Facts

Serving Size (223g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 70</b>
<b>% Daily Value*</b>	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carbohydrate 48g</b>	<b>16%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 19g	
<b>Protein 6g</b>	
Vitamin A 6%	• Vitamin C 20%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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