Cranberry Apple Farro Salad

Ingredients:

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

Nutrition Facts

Serving Size (223g)
Servings Per Container 8

Amount Per Serving	
Calories 280	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 48g	**16%**
Dietary Fiber 7g	**28%**
Sugars 19g	
Protein 6g	

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

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.

For more information, please contact:
Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

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