Farro Fattoush Salad

Ingredients:

- 1 cup farro, cooked and cooled to room temperature
- 5 — 6 small radishes, thinly sliced
- 1/2 English cucumber, thinly sliced
- 2 cups baby arugula, semi-packed
- 1/2 large or 1 small red onion, thinly sliced
- 2 teaspoons sumac
- 1 teaspoon all-spice
- 1 cup mint leaves, roughly chopped
- 1/2 cup flat-leaf parsley, roughly chopped
- 1/2 lemon juice
- 1 tablespoon white wine vinegar
- 1 1/2 tablespoon Greek yogurt, plain
- 1/4 cup extra virgin olive oil
- 1 garlic clove, minced
- Salt and pepper to taste

Directions

1. Sprinkle the sumac and all-spice over the sliced onions, mix, and set aside.
2. Add arugula, radish, chopped mint, parsley, onions, farro, and cucumbers to a large bowl.
3. In a separate bowl, combine lemon juice and vinegar.
4. Stream in the olive oil while mixing to make an emulsion.
5. Mix in yogurt, garlic, salt, and pepper.
6. Pour dressing over salad when ready to serve and mix. If making the salad ahead of time, wait to add dressing until ready to serve.

Nutrition Facts

4 servings per container

Serving size **(134g)**

Amount per serving

Calories **210**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 3g	**11%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 2mg	10%
Potassium 226mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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