

Bi-Rite's Farro Salad

Serves 6-8

The vinaigrette

1 shallot, minced
1 teaspoon Dijon mustard
1 teaspoon honey
3 tablespoons red wine vinegar + more to taste

5 tablespoons extra virgin olive oil

Kosher salt, to taste

Freshly ground pepper, to taste

The salad

2 cups farro

2 cups diced summer squash
1 pint cherry tomatoes (preferably Sun Golds), cut in half
2 tablespoons chopped Italian parsley
4 tablespoons chopped fresh dill

For the vinaigrette: Combine shallot, mustard and honey in a small bowl. Add vinegar and then whisk in olive oil. Season to taste with salt and pepper.

For the salad: Boil farro in salted water for 20-25 minutes, until tender but not mushy. Drain and cool.

Meanwhile, bring a pot of salted water to a boil. Add the diced squash and cook for 30 seconds. Plunge squash into ice water to cool. Drain and set aside.

Combine the squash, farro, cherry tomatoes, parsley and dill in a bowl. Add vinaigrette and adjust seasoning to taste. The acidity will lessen with time, so just before packing for the picnic, you may want to taste and add more vinegar and salt.

Per serving: 265 calories, 8 g protein, 39 g carbohydrate, 9 g fat (1 g saturated), 0 cholesterol,