

Warm Tuscan Farro Salad with basil-lemon vinaigrette

Either variety of kale — curly or Tuscan — works in this recipe.

Calories: 373

Makes 6 servings (about 7 cups)

Total time: 35 minutes

FOR THE FARRO, BOIL:

- 3¹/₄ cups water
- 1/2 tsp. kosher salt
- 2 cups semi-pearled dry farro, rinsed (12 oz.)

SAUTÉ:

- 1/2 cup sliced shallots
- 1 Tbsp. minced garlic
- 1/4 tsp. red pepper flakes
- 1 Tbsp. extra-virgin olive oil
- 5 cups chopped kale (5 oz.)
- 1/4 cup water
- 2 cups halved grape tomatoes
- 1 Tbsp. balsamic vinegar
- 1/2 tsp. kosher salt
- 1/2 cup shaved pecorino (1.5 oz.)
- Minced zest of 1 lemon

FOR THE VINAIGRETTE, WHISK:

- 1/2 cup chopped fresh basil
- 1/4 cup extra-virgin olive oil
- 3 Tbsp. fresh lemon juice
- 1/2 tsp. kosher salt
- Black pepper to taste

For the farro, boil 3¹/₄ cups water and 1/2 tsp. salt in a saucepan. Add farro, reduce heat, and simmer, stirring occasionally, until tender, 15–20 minutes; remove from heat and drain any excess water.

Sauté shallots, garlic, and pepper flakes in 1 Tbsp. oil in a sauté pan over medium-high heat, 1 minute. Stir in kale and 1/4 cup water; cook until softened, 5 minutes. Add tomatoes, vinegar, and 1/2 tsp. salt. Stir in farro, pecorino, and zest.

For the vinaigrette, whisk together basil, 1/4 cup oil, and lemon juice; season with 1/2 tsp. salt and black pepper. Toss salad with vinaigrette to coat.

Per serving: 373 cal; 15g total fat (3g sat, 9g mono, 1g poly); 7mg chol; 532mg sodium; 46g carb (5g fiber, 2g total sugars); 13g protein; 2mg iron; 178mg calcium

FARRO

This ancient grain has enjoyed a comeback in recent years, and is now available in supermarkets. Unlike many whole grains, its dense, nutty, chewy texture stands up well to salad dressings and other sauces. High in fiber and full of complex carbs, farro is much more healthful than white rice. Look for pearled or semi-pearled varieties, which cook quicker.



To keep farro grains from sticking together, rinse away excess starch under cool water before cooking.

