



## Organic Farro

Farro is another ancient grain that is very high in protein and fiber. When cooked it is soft and chewy with a nutty flavor.

You can cook it like rice and even throw it in a rice cooker!



## Mediterranean Farro Salad

### Ingredients

- 3 cups chicken or vegetable stock
- 1 cup uncooked farro, rinsed and drained
- 1 large cucumber, seeded and finely-diced
- 2/3 cup finely-diced roasted red peppers
- 1/2 cup finely-diced sun-dried tomatoes
- 1/2 cup crumbled feta cheese
- half sm. red onion, finely diced (about 2/3 cup)
- 1/4 cup finely-chopped fresh parsley
- Greek vinaigrette (below)

### Directions

1. Stir together stock and farro in a medium saucepan, and cook according to package instructions until al dente. Remove from heat, and drain off any extra stock once the farro is cooked. Let farro cool for at least 10 minutes.
2. Transfer farro to a large mixing bowl, and add in remaining ingredients, including the vinaigrette. Toss until combined.
3. Serve immediately, or cover and refrigerate for up to 2 days.



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## Health Benefits

Farro is a good source of iron, protein, zinc, magnesium and some B vitamins

This grain contains fiber, which helps regulate the digestive system

All these nutrients are great for those with diabetes

It is beneficial for heart and brain health



To learn more about NJ's grain movement scan this QR code