

Farro Salad



Ingredients

- 1 cup uncooked farro (8 oz bag)
- 2 cups spinach, chopped
- ½ cup sun-dried tomatoes, sliced
- ½ cup kalamata olives, sliced

Boil water 4 cups of water. Add farro, reduce heat to simmer and cook for 10-15 minutes (or until grain is tender, but not mushy).

Drain your cooked farro and transfer to a serving dish or bowl.

Add the chopped spinach and stir well. The heat of the farro will cook the spinach.

Add sun-dried tomatoes, including the olive oil from jar (add additional olive oil if necessary).

Add the sliced kalamata olives and ½ tsp sea salt.

Makes 4-6 servings.

Enjoy!