



# Farro Salad with Tomatoes

## Instructions

Serves: 4

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1. Cook farro in a large pot of water according to instructions until tender . 30 minutes for regular farro and 12 minutes for quick cooking. Drain in a colander and set aside
2. While farro is cooking, heat a skillet over medium-high heat. Add 1 tablespoon of olive oil, add onions. Cook until slightly brown, about 5 minutes.
3. Add chopped red pepper and cook for another 5 minutes until tender.
4. Add the tomatoes and cook until it starts to brown and break down.
5. Stir in spinach until wilted.
6. Add the farro to the skillet and stir until mixed in well.
7. Add lemon juice slowly
8. Stir in mint or parsley

## Ingredients

8-9 oz farro, quick cooking is ok

6oz baby spinach or other greens

1 Tablespoon olive oil (optional)

1 onion, diced

1 red pepper, chopped

1 cup cherry tomatoes, halved

Juice of ½-1 lemon

Small handful of mint or Italian parsley