



Lemony Farro Salad with Cannellini Beans, Avocado and Pistachios

Instructions

Serves: 6-8

1. Make vinaigrette: whisk together lemon zest and juice, oil, cumin, salt, and pepper in a small bowl or by shaking in a jar with a lid. Set aside.
2. Place cannellini beans in a small bowl and stir in minced garlic, olive oil, salt and pepper. Let stand for at least 10 minutes.
3. Strip stem from kale, slice, then massage with your hands.
4. Place farro into a salad bowl, add massaged kale and arugula, then use your fingers to evenly distribute greens through farro.
5. Pour vinaigrette over farro and greens, add marinated beans, basil and chives, and stir gently to coat.

Ingredients

For the vinaigrette:

Grated zest of 1 lemon

2 Tablespoons freshly squeezed lemon juice

6 Tablespoons olive oil

½ teaspoon ground cumin

¼ teaspoon sea salt

Freshly ground black pepper

For the salad:

1 cup cooked cannellini beans

2 cloves minced garlic

1 teaspoon olive oil

¼ teaspoon salt

Few grinds black pepper

2 leaves lacinato kale

3 cups cooked and cooled farro

1 cup arugula

1 cup fresh basil, chopped

1 Tablespoon finely sliced chives

1 avocado, peeled, pitted, and sliced

½ cup pistachio nuts, coarsely chopped

¼ cup crumbled feta (leave this out to make vegan)

Adapted from [SPICEBOX KITCHEN: Eat Well and Be Healthy with Globally Inspired, Vegetable-Forward Recipes](#) by Linda Shiue, MD. Copyright © 2021. Available from Hachette Go, an imprint of Hachette Book Group, Inc.