



# Moroccan Spiced Farro Salad

## Instructions

Serves: 4

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### Farro:

1. Cook 1 cup farro according to directions on package.
2. Thinly slice the bell pepper.
3. Chop the parsley and the chives.
4. Once the farro is slightly cool, toss gently with all the above to combine. Set aside.

### Dressing:

In a small food processor or blender, combine  $\frac{1}{4}$  cup water with all the dressing ingredients and blend.

### Salad:

1. When ready to serve, add dressing to the farro bowl.
2. Add the pumpkin seeds, apricot pieces, and chopped mint leaves.
3. Gently toss.
4. Layer on top of the 4 cups of mixed salad greens.

## Ingredients

### Farro:

- 1 cup dry farro
- 1 bell pepper (red, yellow, or orange preferred over green)
- $\frac{1}{4}$  cup parsley

Chives

1 Tablespoon white wine vinegar or other lighter colored vinegar

1 teaspoon Ras el Hanout

### Salad:

- 4 cups mixed salad greens
- $\frac{1}{2}$  cup pumpkin seeds
- 6 small dried apricot slices, chopped
- 1 cup fresh mint leaves

### Dressing:

- $\frac{1}{4}$  cup water
- 2 garlic cloves
- 2 Tablespoons almond butter
- 1 Tablespoon lemon juice or vinegar
- 1 teaspoon white miso