

Sugar Snap Pea & Farro Salad

with Pickled Onion & Kalamata Olives

As American culinary tastes continue to develop and hew towards the deliciously seasonal, one particular dish has made a resurgence on menus throughout the country. Salads that feature hearty grains provide a base that's not only healthful but also endlessly customizable. In this spring meal, we're dressing up farro with fresh sugar snap peas and refreshing, bright mint. And to balance the nuttiness of the grain, we're adding zesty, homemade pickled onions and briny Kalamata olives.



Ingredients

- ¾ Cup Semi-Pearled Farro
- 1 Lemon
- 1 Red Onion
- ¼ Pound Sugar Snap Peas
- 1 Large Bunch Mint

Knick Knacks

- 2 Tablespoons Red Wine Vinegar
- 2 Tablespoons Sugar
- ½ Cup Kalamata Olives
- ¼ Cup Grated Parmesan Cheese

Makes 2 Servings

About 525 Calories Per Serving

Cooking Time: 15 to 25 minutes



1



Cook the farro:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **farro**. Cook, stirring occasionally, 14 to 16 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



Prepare the ingredients:

While the farro cooks, wash and dry the fresh produce. Using the flat side of your knife, smash the olives. Remove and discard the pits; roughly chop the olives. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Peel, halve and thinly slice the onion. Snap off and discard the sugar snap pea stems; pull off and discard the tough string that runs the length of each pod. Halve the sugar snap peas on an angle. Pick the mint leaves off the stems; discard the stems.

3



Pickle the onion:

While the farro continues to cook, in a medium pan, heat the **onion, vinegar, sugar, a big pinch of salt** and **¼ cup of water** to boiling on medium-high. Cook, stirring occasionally, 2 to 3 minutes, or until the onion has softened and the liquid is slightly reduced in volume. Transfer to a medium bowl. Carefully rinse and wipe out the pan.

4



Cook the sugar snap peas:

While the farro continues to cook, in the pan used to pickle the onion, heat 2 teaspoons of olive oil on medium until hot. Add the **sugar snap peas** and season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the sugar snap peas are bright green and tender. Transfer to the pot of cooked farro.

5



Finish the salad:

To the pot of cooked farro and sugar snap peas, add the **olives, lemon zest, Parmesan cheese, as much of the pickled onion as you'd like** (draining just before adding) and **the juice of all 4 lemon wedges**. Drizzle with olive oil and stir to thoroughly combine; season with salt and pepper to taste.

6



Plate your dish:

Divide the **finished salad** between 2 dishes. Garnish with the **mint**. Enjoy!