

Warm Farro Salad

with Peppers & Pistachios

High in antioxidants with a crisp texture and mild, sweet flavor, purple peppers get their dark and inky color from a pigment called anthocyanin. To complement the peppers' beautiful color, we paired it with bright green spinach and vibrant cherry tomatoes in this hearty farro salad.



Ingredients



- 4 Ounces Cherry Tomatoes
- 3 Cloves Garlic
- 2 Small Purple Bell Peppers
- 2 Tablespoons Pistachios
- 1 Large Bunch Parsley
- 1 Shallot
- 2 Tablespoons Red Wine Vinegar
- 1 Cup Farro
- 4 Ounces Baby Spinach
- 2 Ounces Pecorino Romano Cheese

Makes 2 Servings
About 615 Calories Per Serving

Instructions



Prepare your ingredients:

Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Cut the cherry tomatoes in half. Peel all 3 garlic cloves. Mince 2 cloves. Mince the other clove, smashing until it resembles a paste. Medium dice the purple peppers. Roughly chop the pistachios. Roughly chop the parsley leaves. Peel and mince the shallot to get 1 to 2 tablespoons of minced shallot. Then place it in a small bowl along with the **red wine vinegar**.



Cook the farro:

Add the **farro** to the boiling water. Cook 13 to 15 minutes, or until tender. Drain thoroughly.



Make the vinaigrette:

Add the **garlic paste** to the **shallot** and **vinegar**. Whisk in about **2 tablespoons** olive oil to make a dressing. Season with salt and pepper to taste.



Toast the pistachios:

Add the **pistachios** to a large pan. Heat the pan on high and cook for 1 to 2 minutes, or until the pistachios are fragrant and lightly golden, stirring. Transfer the toasted pistachios to a small bowl.



Cook the vegetables:

Wipe out the pan used for the pistachios. In the pan, heat some olive oil on high until hot. Add the **peppers** and cook 1 to 2 minutes, or until they start to soften, stirring occasionally. Add the **minced garlic** and cook for about 30 seconds, or until fragrant, stirring. Remove from the heat, then stir in the **spinach** until just wilted.



Toss the salad & plate your dish:

Add the **drained farro**, **half the parsley**, the **cherry tomatoes**, and some of the **vinaigrette** to the pan with the vegetables. (You may have extra vinaigrette.) Stir to combine and season the mixture with salt and pepper to taste. Divide the salad between 2 plates. Use a vegetable peeler to shave the **Pecorino Romano cheese** over the top. Garnish with the **pistachios** and the **remaining parsley**. Enjoy!