

# Warm Grain Salad

*with Beet, Orange, Avocado & Gorgonzola*

This seasonal salad features one of our favorite grains: farro. Chewy, hearty farro has been enjoyed for millennia—it's considered by many to be the ancestor of modern wheat. Here, its nutty flavor goes beautifully with the earthy beet, creamy avocado, bright citrus and tangy gorgonzola cheese in our salad. Aromatic, anise-flavored tarragon and peppery sliced radishes complete this satisfying dish.



## Ingredients

¾ Cup Semi-Pearled Farro

2 Radishes

1 Red Beet

1 Avocado

1 Orange

1 Bunch Tarragon

## Knick Knacks

3 Tablespoons Walnuts

2 Tablespoons Red Wine Vinegar

1 Shallot

¼ Cup Crumbled Gorgonzola Cheese

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 30 to 40 min





1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat 2 large pots of salted water to boiling on high. Quarter the beet on a paper towel-lined cutting board. Pit, peel and thinly slice the avocado; place in a bowl and top with a **splash of the vinegar** to prevent browning. Peel and mince the shallot; place in a bowl with the **remaining vinegar**. Very thinly slice the radishes into rounds; place in a bowl of **cold water**. Cut the top and bottom off the orange; cut off and discard the rind and white pith. Using a small knife, cut out the segments (or supremes) from between the membranes and place in a bowl. Squeeze the juice from the membranes over the supremes; discard the membranes. Pick the tarragon leaves off the stems; discard the stems and roughly chop the leaves. Roughly chop the walnuts.

2



## Cook & peel the beet:

Add the **beet** to the first pot of boiling water. Cook 28 to 30 minutes, or until tender when pierced with a knife. Drain thoroughly. While still warm, using your hands and paper towels, gently rub the skins off each beet quarter; discard the skins. Medium dice the peeled beet on a paper towel-lined cutting board and place in a medium bowl.

3



## Cook the farro:

While the beet cooks, add the **farro** to the second pot of boiling water. Cook 16 to 18 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

4



## Make the vinaigrette:

While the farro cooks, season the **shallot-vinegar mixture** with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until well combined.

5



## Dress the beet & farro:

Add  $\frac{1}{3}$  of the **vinaigrette** to the bowl of **diced beet**; toss to thoroughly coat and season with salt and pepper to taste. To the pot of **cooked farro**, add the **radishes** (draining before adding), **tarragon**, **orange supremes and juice** and **remaining vinaigrette**; toss to thoroughly combine. Season with salt and pepper to taste.

6



## Plate your dish:

Divide the **dressed farro** between 2 plates. Top with the **dressed beet and avocado**. Garnish with the **walnuts and cheese**. Enjoy!