



TRADITIONAL TUSCAN FARRO SALAD

Prep Time 15 minutes ~ Cooking time about 30 minutes ~ Serves 8

Farro is used often in Italy and is an ancient grain similar to barley. Now, if you cannot find faro easily in your area, I have used Quinoa. Feel free to substitute your favorite grain. This salad is fantastic. Grazia Conti would make it for me adding some sliced truffle, which gives it a great flavor. If you do that, go easy on the balsamic vinegar and eliminate the garlic.

Ingredients:

| | | |
|---|---|------------------------------|
| 4 cups water | 1 ½ cups farro (10oz) | |
| 2 teaspoons salt (more to taste-optional) | 1 pound tomatoes, chopped | ½ sweet onion (chopped fine) |
| ¼ cup fresh chives (chopped) | ¼ cup finely chopped fresh Italian parsley leaves | 1 large garlic clove, minced |
| 2 tablespoons balsamic vinegar | Freshly ground black pepper | ¼ cup extra-virgin olive oil |

Directions: Combine the water and farro in a medium saucepan. Add salt. Bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer until the farro is tender, about 30 minutes. Drain well, and then transfer to a large bowl to cool.

Add the tomatoes, onion, chives, and parsley to the farro, toss to combine.

In a medium bowl, whisk together the garlic, vinegar, salt, pepper, and olive oil. Add the vinaigrette to the salad and toss to coat. Bring to room temperature and serve.

Enjoy your Conti products!

Charlotte Capan, Conti USA

www.tuscanyflavors.com