



A COOK'S COMPANION

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Garden & Grain Salad-in-a-Jar with Lemon Mustard Vinaigrette

Makes 4 salad jars, quart-size

This vegetarian-based salad is packed with hearty nutrients and flavors thanks to the combination of garbanzo beans and farro. (If you haven't re-discovered farro – here's your chance!) Include a hint of sweetness with seasonal fruit, and bit of saltiness with a crumble of feta cheese. One of our favorite vinaigrettes tops it off to perfection. Plan the salad's profile in these delicious layers:

Layer 1: Lemon Mustard Vinaigrette Dressing

Makes about 2 cups

Whisk ingredients together; place 2-3 tablespoons at the bottom of each jar.

1/2 cup lemon juice (2-3 lemons)

1/2 cup white wine vinegar

3/4 cup olive oil

2 tablespoons stone-ground Dijon mustard

3 cloves of garlic, crushed

1 teaspoon Kosher salt

1 teaspoon freshly ground black pepper

Layer 2: Sturdy Veggies

2 15-oz. cans garbanzo beans, rinsed, patted dry

1 cup dry farro (or 2 cups cooked, cooled), or brown rice

1 cup corn, blanched

1 medium red onion, 1/8-inch dice

Layer 3: Tender Veggies

1 zucchini, spiralized into fine noodles

8 fresh crimini mushrooms, thinly sliced

1 quart strawberries, stemmed and sliced

Layer 4: Protein

8 oz. feta cheese, crumbled

Layer 5: Leafy Greens

4 cups arugula

Directions:

Whisk the dressing ingredients together vigorously until well blended. Prepare the ingredients for the other layers. In quart-sized jars, or in other lidded glass containers, add the layers in the listed order and add a seal-tight lid. Chill until ready to enjoy.