

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



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.