



COOKS ON MAIN

*for the everyday chef*

m-f : 9-6pm • sat: 9-4pm • 701.572.2665 • 224 main st. • williston, nd • 58801 • www.cooksonmain.com

### **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.