



# THE FRONT BURNER

RECIPES, COOKING TIPS & MORE FROM THE CULINARY SUPERSTORE

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## Summer Farro Salad

Serves 4 – 6

This hearty salad is our go-to dish when we arrive home from the farmers' market with loads of beautiful, fresh vegetables. The farro base and mustard dressing combine delightfully with any combination of chopped veggies, but we've included our favorites here. Enjoy!

### **Ingredients:**

1-1/2 cups farro  
3 cups vegetable broth  
1 teaspoon kosher salt  
1 can (16 oz.) chickpeas, drained  
2 ears corn, grilled  
2 cups baby kale, torn into small pieces  
1 English cucumber, diced  
1 carrot, finely shredded  
4 scallions, thinly sliced  
8 oz grape tomatoes, halved

1 cup Feta cheese, crumbled  
2 avocados, diced  
3 tablespoons fresh basil, chopped

### **Dressing:**

1/2 cup white wine vinegar  
1/2 cup olive oil  
2 tablespoons stone-ground mustard  
2 cloves of garlic, crushed  
1 teaspoon Kosher salt  
1 teaspoon freshly ground black pepper

### **Directions:**

1. **COOK** the farro in the vegetable broth seasoned with salt over low heat for 20 minutes or until the grains become tender.
2. **DRAIN** and **RINSE** the chickpeas, set aside in a bowl.
3. **GRILL** the corn ears for 12 minutes, 3 minutes per side. **CUT** the kernels from the corn cobs.
4. **GRATE** the carrot. **WASH** and thinly slice the scallions. Halve (or quarter) the cherry tomatoes.
5. **CRUMBLE** the feta cheese. Dice the avocados.
6. **MIX** the dressing ingredients together with an immersion blender or by whisking vigorously. **POUR** the mixed dressing over the cooked farro. Allow the farro to cool before adding the remainder of the ingredients.
7. **ADD** the vegetables and cheese to the cooked farro and toss to combine evenly. Enjoy, or refrigerate if serving later.