



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Mediterranean Farro Salad

(Serves 8)

Ingredients

- Freshly ground black pepper - to taste
- 1/2 cup Kalamata olives - pitted and coarsely chopped
- 1 small red bell pepper - seeded and diced
- 1 English cucumber - peeled if desired, seeded and diced
- 1 bunch Italian flat-leaf parsley - leaves and tender stems, finely chopped plus more parsley for garnish
- 1 bunch scallions - white and light green parts only, chopped
- Salt
- 1 cup pearly farro
- 3 cloves garlic - minced
- 1/3 cup lemon juice - or to taste
- 1/4 cup extra-virgin olive oil
- 8 ounces feta cheese - crumbled
- 1 1/2 tsp minced fresh parsley

Instructions

- Bring a saucepan of water to a boil. Add salt and the farro. Boil for 15-20 minutes or until farro is tender but not mushy.
- Drain the farro in a sieve and rinse with cold running tap water. Set aside to drain thoroughly.
- Combine red bell pepper, cucumber, cherry tomatoes, parsley, scallion and Kalamata olives in a large mixing bowl.
- Whisk together garlic, lemon juice and olive oil. Season to taste with salt and black pepper.
- Add drained farro to vegetables and stir to combine.
- Add dressing and stir.
- Transfer to a serving platter and top with feta cheese and parsley sprigs.

NOTES:

- If you don't like the salad so lemony, start with 1 TB of lemon juice and add more to taste.

MAKE AHEAD:

- Combine the salad but leave the dressing and feta cheese off. When ready to serve, add the dressing and feta cheese.

Enjoy!

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