Mediterranean Farro Salad  (Serves 8)

**Ingredients**

- Freshly ground black pepper - to taste
- ½ 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 pearled farro
- 3 cloves garlic - minced
- ½ cup lemon juice - or to taste
- ¼ cup extra-virgin olive oil
- 8 ounces feta cheese - crumbled
- 1 ½ 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!