

Italian Farro Salad

Yield: 10 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-farro-salad-recipe>

Ingredients:

- 1 cup farro uncooked Bob's Red Mill
- 1/4 teaspoon kosher salt
- 1/2 cup sundried tomatoes dry packaged, not oil packed, cut into julienne slices, rehydrated if dry*
- 1 cucumber large, seeded and finely diced
- 3/4 cup roasted red peppers jarred, drained and finely diced
- 1 pint cherry tomatoes halved
- 1 cup petite peas frozen, thawed
- 1/2 cup finely chopped fresh parsley
- 1/2 cup crumbled feta cheese
- 1/4 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon honey
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 2 grams
8. Sodium: 470 milligrams
9. Sugar: 4 grams

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