

## Farro Salad

### Ingredients

3 Tbsp orange juice	8.8 oz pkg quick cooking farro or 1½ c
4 Tbsp olive oil	2 c packed baby spinach or kale, chiffonade
3 Tbsp cider vinegar	1 apple, peeled and diced (Jazz)
4 tsp honey	½ c *toasted, chopped walnuts
1 tsp kosher salt, divided	½ c dried cranberries
black pepper to taste	Optional: 2 carrots, peeled and diced

### Directions

For vinaigrette, combine orange juice through ½ tsp salt and pepper; set aside. In a medium saucepan, bring 4 c of water to a boil with remaining ½ tsp of salt. Add farro and simmer partially covered for 10-15 minutes, until tender. Or cook farro according to package directions; drain and cool. Toss cooled farro with vinaigrette and remaining ingredients, spinach through carrots. Serve salad at room temperature. Serves 6-8

\*Toast walnuts on 350 for 9 minutes

*cooking with care*

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