

## Lemony Farro Salad from Kirsten McKay

Level: Easy

Total: 1 hr (includes cooling time)

Active: 15 min

Yield: 6 servings

### Ingredients:

1 cup pearled farro (6 ounces)

1 cup fresh apple cider

2 bay leaves

Kosher salt and freshly ground  
black pepper

1/2 cup good olive oil

1/4 cup freshly squeezed  
lemon juice

1/2 cup roasted, salted  
pistachios, whole or chopped

1 cup roughly chopped fresh  
parsley

1 cup roughly chopped fresh  
mint leaves

1 cup cherry or grape  
tomatoes, halved through the  
stem

1/3 cup thinly sliced radishes  
(2 to 3 radishes)

2 cups baby arugula

1/2 cup shaved Italian  
Parmesan cheese

Flaked sea salt, such as Maldon

### Directions:

1. Place the farro, apple cider, bay leaves, 2 teaspoons salt, and 2 cups water in a medium saucepan, bring to a boil, lower the heat, and simmer uncovered for about 30 minutes, until the farro is tender. (If all the liquid is absorbed before the farro is tender, add a little more water.) Drain the farro and transfer to a large serving bowl. Discard the bay leaves.
2. Meanwhile, in a small measuring cup, whisk together the olive oil, lemon juice, 1 teaspoon salt, and 1/2 teaspoon pepper. Stir the vinaigrette into the warm farro and set aside for at least 15 minutes to cool.
3. Before serving, stir in the pistachios, parsley, mint, tomatoes, and radishes. Add the arugula and lightly fold in the Parmesan so as not to break it up too much. Sprinkle with the sea salt and serve immediately.

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