

Blueberry Farro Salad

Serves 6

Here is another great Farro recipe. It's from relish.com – a recipe by Tom Rocket. I've discovered that it isn't really necessary to pre-soak the farro (though I still like to because then it's super easy to add to quick recipes). This recipe has you cook the farro for 40 minutes, but I found it was cooked to a nice, chewy texture in about 30 minutes. I also used less water, so it would all get soaked up and I wouldn't have to throw any out – approx 3 cups seems adequate.

Chef Darwin used this recipe for a kids camp project and it was a great hit. The picture shows Darwin's arrangement – **Beautiful!**

- 1 c farro
- 2 c blueberries
- 1 c celery, diced
- 4 green onions, chopped, or onion greens
- ½ c diced red onion
- 1 c diced red bell pepper
- ½ c sunflower seeds, toasted
- ¼ c cider vinegar
- ¼ c canola oil
- 2 tsp cumin
- 1 T. coriander
- 1 T. maple syrup
- ½ tsp salt
- Fresh ground black pepper to taste

Rinse farro and put in pot with 4 c water. Bring to a boil, reduce heat and simmer until soft, about 40 minutes. Drain and rinse with cold water. Combine fresh produce and sunflower seeds in large bowl. Add cooked farro. Combine vinegar, oil, cumin, coriander and syrup and whisk. Drizzle over farro mixture. Toss gently. Add salt and pepper and toss again.

