

Jill's Farro Salad

Ingredients

1 cup farro
3 cups water, chicken stock or vegetable stock
1 head broccoli – thinly sliced
6 radishes – halved and thinly sliced
2 green onions chopped fine – white and green parts
½ cup basil leaves cut into ribbons
¼ cup flat leaf parsley chopped
¼ cup lovage chopped fine
1 chunk parmesan cheese

Dressing for salad

¼ cup fresh squeezed lemon juice
½ cup extra virgin olive oil
1 tsp. salt
fresh ground black pepper

Preparation

Rinse farro under cold water in colander and drain excess water. Place farro in saucepan with 3 cups of stock. Bring to a boil and reduce heat to simmer cook for 20 minutes until liquid is absorbed. Drain any extra liquid and allow to cool. Place in large bowl.

Thinly slice broccoli stalk and chop broccoli crowns into small pieces, add to bowl. Add chopped radishes, lovage, basil and parsley. Chop parmesan into small pieces and add to bowl.

Whisk dressing ingredients together and pour over salad, toss well.