

# FARRO - CHICKPEA SALAD

Prep Time: 30 minutes  
Makes 6 -8 servings

## Ingredients

250 mL (1 cup) farro\* (dried, uncooked grain)  
320 g (8 oz) or about 2 cups of green beans, cleaned and stems removed  
540 mL (18 oz.) can of chickpeas  
30 mL (2 Tablespoons) lemon juice  
30 mL (2 Tablespoons) fresh dill (or 10 mL/2 teaspoons dried dill)  
60 mL (¼ cup) feta cheese  
60 mL (¼ cup) sunflower seeds, toasted (optional)

\*Farro is a tasty, chewy whole grain that is usually available in larger grocery stores near the rice and pasta. You can substitute another grain like barley, quinoa or couscous, or even pasta noodles, if you prefer.

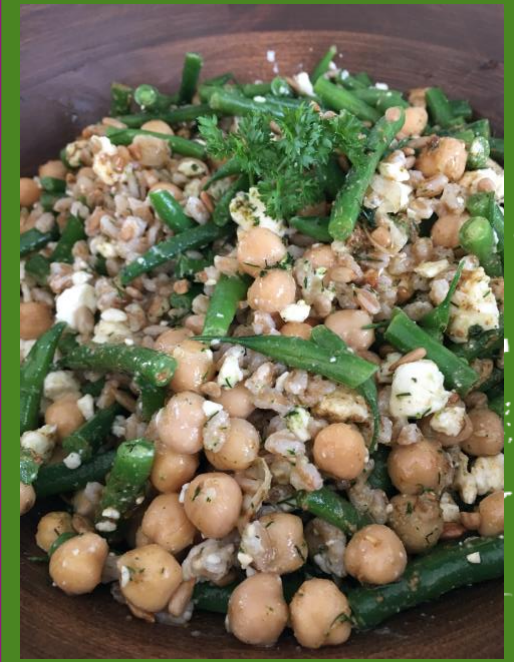
## Instructions

Cook farro according to package directions (usually boiled in water for 30 minutes - 1 cup of the grain will yield 2 cups of cooked). Allow to cool before adding to other ingredients.

While the farro is cooking, steam the green beans (in the microwave or in a small pot of boiling water) until just softened and still crisp. Drain rinse the canned chickpeas.

In a large bowl, gently toss together the cooked farro and green beans, as well as the chickpeas, lemon juice, dill and feta cheese. Sprinkle with sunflower seeds.

You can add bottled vinaigrette-type salad dressing if you like, or enjoy as is!



**So yummy! A quick full-meal salad with whole grain farro, protein-rich chickpeas, green vegetables and crunchy seeds.**

- ✓ Budget-Friendly
- ✓ Quick & Easy
- ✓ Vegetarian (add nutritional yeast instead of feta cheese for a vegan version)



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