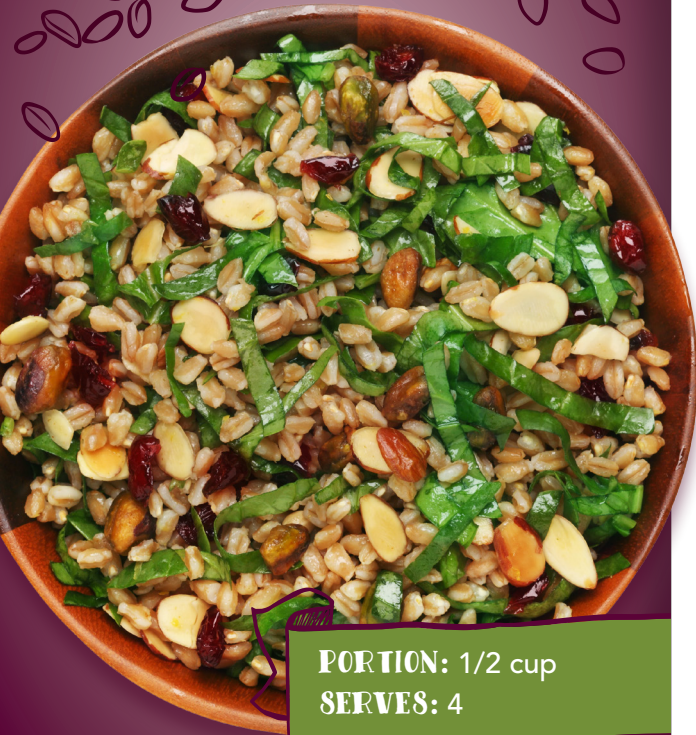


## PISTACHIO ALMOND CRANBERRY Farro Salad



**PORTION:** 1/2 cup  
**SERVES:** 4

### INGREDIENTS

1 cup Farro Grain

2 1/2 cup Water

1/2 oz Almonds, Toasted and Sliced

1/2 oz Raw Pistachio Nuts

1 tsp Ground Cumin

1 Tbsp Lemon Zest, Finely Grated

1 Tbsp Fresh Lemon Juice

1 oz Dried Cranberries

1 qt Baby Spinach

1 Tbsp Canola Oil

### METHOD

1. In a pan, combine water and farro and bring to a boil. Reduce heat to low. Cover and simmer for 25-30 minutes, until grains are tender and have absorbed all of the liquid. Chill.
2. Clean the spinach and dry thoroughly before shredding with a knife (chiffonade). In a bowl, combine the farro, cumin, almonds, pistachios, lemon zest, lemon juice, cranberries, spinach and oil.

**Chef Tip:** Soak the farro overnight if you are not using quick cook farro.

### NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
240	7g	0.5g	38g	7g	4g	30mg