

# RECIPE

## Farro & Lentil Shaker Salad

1 serving

### Ingredients

#### For the Vinaigrette:

2-1/4 teaspoon fresh lemon juice  
1/2 teaspoon minced shallots  
1/4 teaspoon Dijon mustard  
1 tablespoon olive oil  
1/4 teaspoon fresh chopped mint  
1/4 teaspoon fresh chopped parsley  
1/8 teaspoon sea salt  
1/8 teaspoon fresh cracked black pepper

#### For the Kale & Brussels Blend:

1/4 cup fresh baby kale  
1/4 cup Brussel sprouts

#### For the Shaker Salad:

1/4 cup cooked lentils  
1/2 cup cooked farro  
1/4 cup cherry tomatoes, cut in half  
1/4 cup diced cucumbers  
3 tablespoons thinly sliced dried apricots  
1 tablespoon toasted, chopped pecans

### Directions

- For the Vinaigrette:** In a small bowl, whisk together the fresh lemon juice, shallot, and Dijon mustard. Slowly drizzle in olive oil while whisking the entire time. Add fresh herbs, salt, and pepper. Mix together and set aside until ready to use.
- For the Kale & Brussels Blend:** Remove stems from kale leaves and stack together. Slice thinly, cut the slices in half pieces that are not too long. Use a mandoline or sharp knife to thinly slice Brussels sprouts. Place both greens into a bowl and mix together to combine.
- For the Shaker Salad:** Layer in the following order in each 16 oz. Mason jar, put lids on jars and shake well to combine ingredients and dressing, enjoy!

1/2 cup kale & Brussels blend  
1/4 cup cooked lentils  
1/2 cup cooked farro

1/4 cup cherry tomato  
1/4 cup diced cucumbers  
3 tablespoons thinly sliced dried apricots  
1 tablespoon toasted, chopped pecans

### Cooking with Grains & Legumes

- For the Lentils:** Sort and rinse the lentils to remove any dirt or debris. Bring water to a boil, add the lentils, and simmer gently until lentils are soft, approximately 30 minutes. Drain and refrigerate until ready to use.
- For the Farro:** Place farro into a colander and rinse the grain under running water until the water runs clear. Farro follows the 2:1 water to grain cooking ratio.

CALORIES	FAT	SATFAT	CARBS	PROTEIN	FIBER	SODIUM
482	20	3	66	14	9	476