



COOKING FOR WELLNESS

CANCER SUPPORT
COMMUNITY
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MEDITERRANEAN FARRO SALAD

Yields: 6-8 Servings

INGREDIENTS

3 cups chicken or vegetable stock
1 cup uncooked farro, rinsed and drained
1 large cucumber, seeded and finely-diced
 $\frac{2}{3}$ cup finely-diced roasted red peppers
 $\frac{1}{2}$ cup finely-diced sun-dried tomatoes
 $\frac{1}{2}$ cup crumbled feta cheese
half of a small red onion, finely diced (about $\frac{2}{3}$ cup)
 $\frac{1}{4}$ cup finely-chopped fresh parsley

GREEK VINAIGRETTE INGREDIENTS

3 Tablespoons olive oil
1 Tablespoon freshly-squeezed lemon juice
1 Tablespoon red wine vinegar
 $\frac{1}{4}$ teaspoon dried oregano
pinch of garlic powder
pinch of salt
pinch of black pepper

INSTRUCTIONS

1. Stir together stock and farro in a medium saucepan, and cook according to package instructions, until al dente. Remove from heat, and drain off any extra stock once the farro is cooked. Let farro cool for at least 10 minutes.
2. Transfer farro to a large mixing bowl, and add in remaining ingredients, including the vinaigrette. Toss until combined.
3. Serve immediately, or cover and refrigerate for up to 2 days.