

Farro Salad with Raw Shredded Zucchini, Mint, Lemon, and Toasted Pine Nuts

Kathy's Note

Farro is an ancient grain, a whole grain high in protein and fiber. Here it is boiled in salted water, drained, and tossed with fresh grated zucchini, fresh mint, lemon, olive oil and toasted pine nuts. An ideal summer salad for a picnic, side dish, or light main course.

Ingredients:

1 cup farro
1/3 cup, plus 1 tablespoon pine nuts
1 cup raw shredded zucchini (shredded on the widest opening of a box grater)
1/4 cup thinly sliced fresh mint, plus 1 mint sprig for garnish
Juice of 1 large lemon, about 1/4 cup
1/3 cup plus 1 tablespoon olive oil
Salt and freshly ground black pepper

Bring 3 cups salted water to boil. Add farro and cook for 15 to 20 minutes or until almost tender; drain.

In a small, ungreased skillet, heat the pine nuts over low heat for about 5 minutes, stirring occasionally, until lightly toasted. Set aside to cool.

Toss the drained hot farro with the zucchini, mint, lemon juice, olive oil, salt, pepper, and all but 1 tablespoon of the pine nuts. Sprinkle the remaining pine nuts and sprig of mint on top and serve warm or room temperature.

Serves: 4