Greek Tomato and Cucumber Salad with Farro

Cooking Light July 2015

Hands-on: 20 min

Total: 30 min

Whole grain farro bulks up this hearty Mediterranean salad. If you like the crunch of fresh red onions but not the full pungency, give the slices a 30-second dip in ice water to tame the flavor; drain and toss in the salad.

½ tsp. grated lemon rind

3 T. fresh lemon juice

3T. extra virgin olive oil

2 T. red wine vinegar

2 tsp. finely chopped fresh oregano

½ tsp. kosher salt

¼ tsp. freshly ground black pepper

2 cups cooked farro

1/3 cup Kalamata olives, pitted and halved lengthwise

1/3 cup thinly sliced red onion

1 ½ pounds cherry tomatoes, halved (I used a 12 oz. package of the multi-colored tomatoes)

1 ½ lb. small pickling cucumbers, halved lengthwise and cut into ½ inch thick slices. (or one English cuke)

4 ounces feta cheese, crumbled (about ½ cup)

1. Combine the first 7 ingredients in a large bowl, stirring well with a whisk.
2. Stir in farro and the next 4 ingredients (through the cukes), and toss gently to combine.
3. Top each serving with feta cheese.
4. Can be served warm (first day), or cold, if leftovers.

Serves 4 (1 cup salad and about 1 ounce feta)

Calories 325; Fat 18.3g; Protein 11g; Carb 39 g; fiber 7 g; Iron 1 mg; sodium 626 mg; calcium 191 mg.