



Farro Veggie Bowl

serves 6

INGREDIENTS

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| 1 c pearled farro | 1 tbs olive oil |
| 2 c water | 4 fresh mint sprigs |
| 2.5 tsp salt, divided | 8 tbsp dried apricot |
| 2 c spiralized veggies | $\frac{3}{4}$ c Dill Vinaigrette (<i>recipe below</i>) |
| 2 c chickpeas, cooked | 8 oz feta cheese |
| $\frac{1}{4}$ tsp black pepper | |

DIRECTIONS

- 1 Prepare roasted chickpeas- combine and toss $\frac{1}{2}$ tsp salt, black pepper, olive oil ingredients in large bowl, spread out on sheet pan, bake at 325° F until crispy (about 30 minutes) and let cool.
- 2 Salt the water and bring it to a boil. Add the farro and cook for 15-20 minutes. Drain.
- 3 In a bowl, toss the farro with a little vinaigrette. Then do the same with the spiralized vegetables and season with a touch of salt and pepper.
- 4 Top with feta cheese and dill, if desired

DILL VINAIGRETTE

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|------------------------------------|------------------------|
| $\frac{1}{2}$ c white wine vinegar | $\frac{3}{4}$ tsp salt |
| 1 tbs chopped fresh dill | 1 cup olive oil |
| 1 clove garlic, minced | 1 tbsp sugar |
| $\frac{3}{4}$ tsp dry mustard | |
| $\frac{1}{4}$ tsp black pepper | |



- 1 Combine all ingredients in a food processor or blender.
- 2 Cover and keep chilled.