Farro Veggie Bowl

serves 6

INGREDIENTS

- 1 c pearled farro
- 2 c water
- 2.5 tsp salt, divided
- 2 c spiralized veggies
- 2 c chickpeas, cooked
- 1/4 tsp black pepper
- 1 tbs olive oil
- 4 fresh mint sprigs
- 8 tbsp dried apricot
- ¾ c Dill Vinaigrette (recipe below)
- 8 oz feta cheese

DIRECTIONS

1. Prepare roasted chickpeas- combine and toss 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

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

1. Combine all ingredients in a food processor or blender.

2. Cover and keep chilled.