



Farro, Radicchio, and Roasted Beet Salad



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 8 inch diameter beets trimmed to 1 inch
- ☐ 4 ounces feta cheese crumbled
- ☐ 1 garlic clove pressed
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 2 cups radicchio thinly packed thinly sliced quartered () (from 1 medium head)
- ☐ 0.5 cup onion red finely chopped
- ☐ 4 tablespoons red wine vinegar divided

- ☐ 8 servings vegetable oil
- ☐ 1.5 cups wheat berries

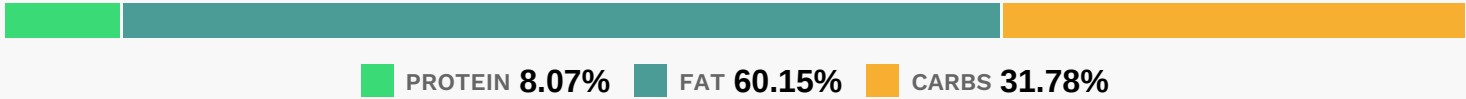
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F. Arrange beets in single layer in 8 x 8 x 2-inch baking dish.
- ☐ Drizzle with vegetable oil. Cover with foil and roast until beets are tender, about 45 minutes. Cool. Trim beets; peel. DO AHEAD: Can be made 1 day ahead. Cover; chill.
- ☐ Cook farro in large saucepan of boiling salted water until tender, stirring occasionally, about 20 minutes.
- ☐ Drain.
- ☐ Transfer to large bowl. Stir 2 tablespoons olive oil, 1 tablespoon vinegar, and garlic into hot farro. Cool to room temperature.
- ☐ Cut each beet into 6 to 8 wedges.
- ☐ Add beets, radicchio, onion, and parsley to farro; toss to incorporate evenly. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Whisk 2 tablespoons olive oil and 3 tablespoons vinegar in small bowl.
- ☐ Drizzle over salad.
- ☐ Add feta cheese; toss to coat.
- ☐ Any type of beet (red, golden, red-and-white-striped Chioggia) would be great in this salad. To avoid stained hands, wear plastic gloves when peeling dark-colored beets.
- ☐ This recipe calls for semipearled farro, a version of the grain that doesn't require soaking before being cooked. If you're using regular farro, be sure to plan ahead. It will need to soak overnight. Farro is available at specialty foods stores, natural foods stores, and Italian markets.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:9.0639132157616%

Flavonoids

Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 3.85mg, Luteolin: 3.85mg, Luteolin: 3.85mg, Luteolin: 3.85mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

Nutrients (% of daily need)

Calories: 358.48kcal (17.92%), Fat: 24.52g (37.73%), Saturated Fat: 5g (31.26%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 23.72g (8.63%), Sugar: 0.68g (0.76%), Cholesterol: 12.62mg (4.21%), Sodium: 168.38mg (7.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.81%), Vitamin K: 96.77µg (92.16%), Fiber: 5.42g (21.68%), Vitamin E: 2.43mg (16.18%), Calcium: 95.8mg (9.58%), Iron: 1.63mg (9.04%), Vitamin B2: 0.13mg (7.59%), Vitamin C: 5.14mg (6.24%), Phosphorus: 58.31mg (5.83%), Vitamin A: 274.19IU (5.48%), Folate: 19.02µg (4.75%), Vitamin B6: 0.09mg (4.32%), Vitamin B12: 0.24µg (3.99%), Zinc: 0.53mg (3.53%), Selenium: 2.34µg (3.34%), Manganese: 0.05mg (2.64%), Copper: 0.05mg (2.5%), Potassium: 80.19mg (2.29%), Vitamin B1: 0.03mg (2.11%), Vitamin B5: 0.19mg (1.92%), Magnesium: 7.22mg (1.81%), Vitamin B3: 0.22mg (1.11%)