



Farro Salad with Peas, Favas, Arugula and Tomatoes



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings arugula
- ☐ 2 cups arugula fresh halved
- ☐ 1 cup baby lima beans fresh frozen shelled
- ☐ 1 cup peas fresh frozen shelled
- ☐ 5 tablespoons olive oil
- ☐ 3 plum tomatoes seeded finely chopped
- ☐ 2.5 tablespoons red wine vinegar

- ☐ 6 cups water
- ☐ 2 cups wheat berries

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Combine 6 cups water and farro in medium saucepan. Bring to boil. Reduce heat to medium. Cover partially; simmer until farro is tender, about 20 minutes (about 45 minutes for wheat berries).
- ☐ Drain well.
- ☐ Whisk oil and vinegar in large bowl. Season with salt.
- ☐ Add farro; toss. Cool.
- ☐ Meanwhile, cook favas in pot of boiling salted water for 3 minutes.
- ☐ Add peas and cook until just tender, about 1 minute longer.
- ☐ Drain. Cool in bowl of ice water.
- ☐ Drain.
- ☐ Add favas and peas to farro. (Can be made 4 hours ahead. Cover; chill.)
- ☐ Add arugula and tomatoes to farro mixture. Toss to combine. Season generously with salt. Spoon salad onto platter.
- ☐ Garnish with additional arugula.
- ☐ *Farro is sold at some Italian markets; or order from Dean & DeLuca, 800-221-771
- ☐ Wheat berries are sold at natural foods stores and some supermarkets.
- ☐ **Available at Middle Eastern markets, some supermarkets and farmers' markets.

Nutrition Facts



Properties

Glycemic Index:18.29, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:8.6908696008765%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 294.58kcal (14.73%), Fat: 9.61g (14.79%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 44.78g (14.93%), Net Carbohydrates: 35.34g (12.85%), Sugar: 1.95g (2.16%), Cholesterol: 0mg (0%), Sodium: 26.2mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.59%), Fiber: 9.45g (37.79%), Vitamin K: 27.95µg (26.62%), Vitamin C: 14.41mg (17.47%), Iron: 2.67mg (14.84%), Manganese: 0.29mg (14.75%), Vitamin A: 727.02IU (14.54%), Vitamin E: 1.47mg (9.82%), Folate: 35.56µg (8.89%), Potassium: 249.25mg (7.12%), Magnesium: 27.8mg (6.95%), Calcium: 65.94mg (6.59%), Vitamin B1: 0.09mg (5.79%), Copper: 0.11mg (5.61%), Phosphorus: 54.65mg (5.47%), Vitamin B6: 0.09mg (4.65%), Vitamin B3: 0.77mg (3.86%), Vitamin B2: 0.06mg (3.33%), Zinc: 0.48mg (3.22%), Vitamin B5: 0.14mg (1.43%), Selenium: 0.8µg (1.15%)