



Farro Salad with Smoked Trout

 Dairy Free

READY IN



75 min.

SERVINGS



25

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pound beets
- ☐ 8 ounces semi-pearled farro
- ☐ 2 garlic cloves crushed
- ☐ 1 tablespoon honey
- ☐ 25 servings kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 25 servings pepper freshly ground

- ☐ 1 rosemary sprig
- ☐ 1 large shallots minced
- ☐ 1 cup swiss chard washed and finely chopped
- ☐ 2 thyme sprigs
- ☐ 6 ounces trout fillet smoked skinless flaked
- ☐ 4 cups water

Equipment

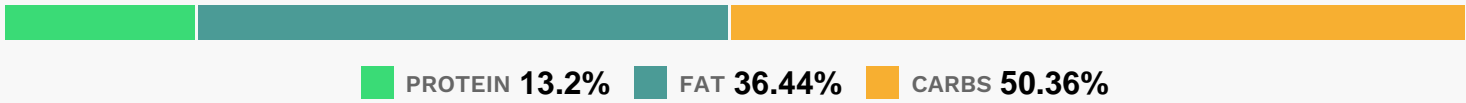
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 37
- ☐ In a small baking dish, lightly drizzle the beets with olive oil and rub to coat. Cover with foil and roast for about 1 hour, until the beets are tender.
- ☐ Let cool, then peel the beets and cut into 1/2-inch dice.
- ☐ Meanwhile, in a medium saucepan, combine the garlic, thyme, rosemary, water and 2 teaspoons of salt and bring to a boil. Stir in the farro and simmer over moderate heat until just tender, about 15 minutes.
- ☐ Drain well.
- ☐ Transfer the farro to a bowl and discard the garlic and herbs.
- ☐ Let cool to room temperature, stirring occasionally.
- ☐ In a small bowl, combine the shallot, lemon juice and honey. Gradually whisk in the 1/3 cup of oil and season with salt and pepper.
- ☐ In a medium bowl, toss 2 tablespoons of the dressing with the trout.

- ☐
- Add the beets, greens and the remaining dressing to the farro and toss gently. Season with salt and pepper and let stand at room temperature for 20 minutes.
- ☐
- Transfer the salad to a serving platter, scatter the trout on top and serve.

Nutrition Facts



Properties

Glycemic Index:12.93, Glycemic Load:1.62, Inflammation Score:-3, Nutrition Score:4.6786956372468%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 83.87kcal (4.19%), Fat: 3.49g (5.38%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 8.55g (3.11%), Sugar: 2.74g (3.04%), Cholesterol: 3.95mg (1.32%), Sodium: 225mg (9.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Manganese: 0.3mg (14.79%), Fiber: 2.32g (9.26%), Vitamin B12: 0.53µg (8.83%), Folate: 33.65µg (8.41%), Vitamin K: 8.25µg (7.86%), Selenium: 4.54µg (6.49%), Phosphorus: 49.62mg (4.96%), Potassium: 158.51mg (4.53%), Magnesium: 17.07mg (4.27%), Copper: 0.08mg (4.22%), Vitamin B3: 0.83mg (4.15%), Iron: 0.65mg (3.61%), Vitamin B1: 0.05mg (3.52%), Vitamin C: 2.81mg (3.41%), Vitamin B6: 0.07mg (3.26%), Vitamin E: 0.47mg (3.12%), Vitamin B2: 0.05mg (2.86%), Zinc: 0.36mg (2.37%), Vitamin A: 115.65IU (2.31%), Vitamin B5: 0.21mg (2.13%), Vitamin D: 0.27µg (1.77%), Calcium: 14.75mg (1.48%)