



Wheat Berry and Farro Salad

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



286 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Handful basil leaves
- 1 tablespoon dijon mustard
- 1 cup farro
- 4 ounces aged goat cheese
- 1 pint grape tomatoes
- 8 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil
- 2 teaspoons pomegranate molasses

- 3 tablespoons red wine vinegar
- 3 scallions thinly sliced
- 1 cup wheat berries

Equipment

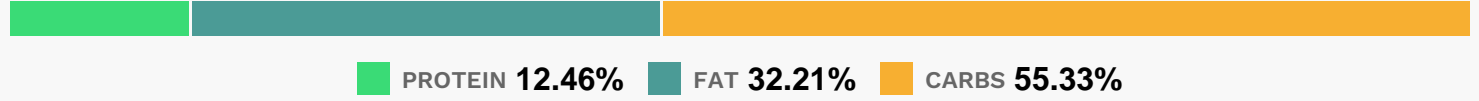
- bowl
- frying pan
- sauce pan
- whisk

Directions

- Put the wheat berries in a medium saucepan, add 6 cups of water and salt and pepper. Bring to a boil, reduce heat and simmer until tender and chewy, about 1 hour, adding more water as needed.
- Drain any water that is left.
- Transfer the wheat berries to a large bowl.
- Put the farro in another medium saucepan and add enough water to cover by an inch and salt and pepper. Bring to a boil, reduce heat and simmer until tender, 25 to 40 minutes, adding more water if needed.
- Drain any water that is left.
- Transfer to the bowl with the wheat berries. (The grains can be made up to a day in advance and refrigerated.)
- While the grains cook, make the mustard vinaigrette.
- Whisk the vinegar, mustard, pomegranate molasses, salt and pepper to taste in a bowl.
- Whisking constantly, dribble in the 1/4 cup oil until the mixture is smooth and emulsified. Taste and season as necessary.
- Heat a large skillet over high heat.
- Add the remaining 1 tablespoon oil, and when it is almost smoking, add the tomatoes. Season with salt and pepper and cook, tossing once or twice, just until the tomatoes have a few dark spots, about 4 minutes.
- Remove from heat, cool and halve.

- Add the tomatoes, scallions and basil to the grains.
- Pour the vinaigrette around the sides of the bowl; toss and fold the salad together.
- Transfer to a platter and grate the goat cheese over top.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:9.47304345473%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 285.5kcal (14.27%), Fat: 10.5g (16.15%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 32.41g (11.79%), Sugar: 2.45g (2.72%), Cholesterol: 6.52mg (2.17%), Sodium: 79.33mg (3.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.28%), Fiber: 8.17g (32.68%), Manganese: 0.45mg (22.27%), Vitamin K: 20.09µg (19.13%), Selenium: 10.49µg (14.99%), Vitamin A: 704.55IU (14.09%), Copper: 0.25mg (12.58%), Iron: 2.03mg (11.28%), Phosphorus: 110.17mg (11.02%), Vitamin C: 9.03mg (10.95%), Vitamin E: 1.36mg (9.04%), Vitamin B3: 1.6mg (8%), Magnesium: 30.88mg (7.72%), Vitamin B6: 0.15mg (7.62%), Potassium: 233.42mg (6.67%), Vitamin B2: 0.1mg (5.81%), Vitamin B1: 0.09mg (5.72%), Zinc: 0.8mg (5.32%), Calcium: 49.83mg (4.98%), Folate: 19.52µg (4.88%), Vitamin B5: 0.23mg (2.3%)