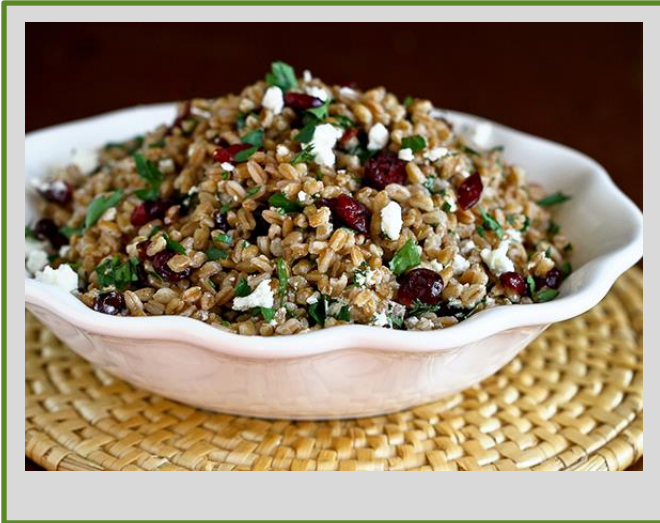


Recipe serves: 5 people



Ingredients-

Salad-

- ♥ 2 cups of Farro
- ♥ 4 ½ cups low sodium vegetable broth
- ♥ 4 cups arugula
- ♥ ½ cup walnuts
- ♥ 4oz goat cheese crumbles

Vinaigrette -

- ♥ 2 Tablespoons red wine vinegar
- ♥ 1 tablespoon honey
- ♥ ½ cup fresh cranberries
- ♥ 2 Tablespoons **Extra Virgin Olive Oil**
- ♥ 1 Tablespoon Lime juice

PREPARATION:

1. Place dry farro on a cooking pan. Bake at 350° F for 15 minutes or until farro turns a shade darker.
2. In a saucepan bring chicken broth to a boil; add farro and cook for 20-25 minutes or until broth is fully absorbed.
3. While farro is cooking, puree dressing ingredients in food processor until smooth.
4. In a large serving bowl mix arugula, walnuts, and cooled farro. Top with goat cheese and vinaigrette.

Nutrition Facts			
Serving Size: 1 serving (380.2g)			
Servings: 5			
Amount Per Serving			
Calories	500	Calories from Fat 190	
% Daily Value*			
Total Fat	21g	32%	
Saturated Fat	6g	31%	
Trans Fat	0g		
Cholesterol	20mg	6%	
Sodium	200mg	9%	
Total Carbohydrate	62g	21%	
Dietary Fiber	7g	26%	
Sugars	7g		
Protein	17g		
Vitamin A	20%	•	Vitamin C 10%
Calcium	15%	•	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g