

Farro Salad with Roasted Cauliflower & Prosciutto

Tiffany Gagliardo from D'Avolio

Makes: 6 servings (3/4 cup per serving)



Serving Size: 12 (1/2 cup servings)

Ingredients:

- ♥ 1 lb. farro, rinsed and drained
- ♥ 2 carrots, halved crosswise
- ♥ 1 small onion, halved
- ♥ 1 celery rib, halved crosswise
- ♥ 2 garlic cloves, crushed
- ♥ 1 bay leaf
- ♥ 1 Tbsp. D'Avolio Extra Virgin Olive Oil
- ♥ 2 heads cauliflower, cut into 1" florets
- ♥ ½ lb. prosciutto, sliced ¼" thick and cut into ¼" cubes

PREPARATION:

1. Preheat the oven to 425 degrees. On a baking sheet, evenly lay out the cauliflower and prosciutto. Drizzle with 1 Tbsp. olive oil. Roast in the oven for ~40 minutes, tossing occasionally.
2. Meanwhile, in a large saucepan, combine the farro, carrots, onion, celery, garlic and bay leaf. Add enough cold water to cover the farro by 1" and bring to a simmer over high heat. Reduce the heat to moderate and cook until the farro is tender but chewy (~15 minutes). Drain.
3. Spread the farro on a rimmed baking sheet to cool.
4. In a bowl, combine the farro mixture, cauliflower and prosciutto. Serve with lemon dressing - optional, see next page.

Nutrition Facts			
Serving Size: 1 serving (1/2 cup)			
Servings: 12			
Amount Per Serving			
Calories	210	Calories from Fat	40
		% Daily Value*	
Total Fat	4.5g		7%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	550mg		23%
Total Carbohydrate	34g		11%
Dietary Fiber	9g		38%
Sugars	3g		
Protein	13g		
Vitamin A	10%	•	Vitamin C 130%
Calcium	4%	•	Iron 10%
*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



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