

MEDITERRANEAN SUMMER FARRO SALAD

Mediterranean Summer Farro Salad

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1 cup)

Nutrition (per serving)

Calories: 194

Total Carbohydrate: 27

Total Fat: 6 g

Dietary Fiber: 5 g

Saturated Fat: 2 g

Total Sugars: 3 g

Sodium: 169 mg

Protein: 10 g

Ingredients

- 2 cups cooked farro
- 2 cups quartered cherry tomatoes
- 1 cup no salt added canned chickpeas (garbanzo beans), drained and rinsed
- ½ cup diced red onion
- 1 clove garlic, peeled and minced
- ¾ cup cubed reduced fat mozzarella cheese
- 1/3 cup finely chopped fresh basil leaves
- 1 ½ Tablespoons extra virgin olive oil
- ½ Tablespoon balsamic vinegar
- 1 Tablespoon fresh lemon juice
- 1/8 teaspoon salt
- ½ teaspoon ground black pepper

Directions

1. In a large bowl, combine all ingredients and toss until evenly coated.
2. Refrigerate for at least 20-30 minutes to allow flavors to marinate together. Serve chilled.