

FARRO FRUIT SALAD

Farro Fruit Salad

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving = 1/2 cup)

Nutrition (per serving)

Calories: 100	Total Carbohydrate: 17
Total Fat: 3 g	Dietary Fiber: 3 g
Saturated Fat: 0 g	Total Sugars: 3 g
Sodium: 55 mg	Protein: 3 g

Ingredients

Salad Ingredients:

- $\frac{3}{4}$ cup dried Farro (or whole grain of choice)
- 16 ounces fresh strawberries, diced
- 1 cup fresh blueberries

Dressing Ingredients:

- 2 Tablespoons honey
- 2 Tablespoons lime juice

- $\frac{1}{2}$ cup sliced almonds
- 2 Tablespoons mint leaves, finely chopped

- $\frac{1}{4}$ teaspoon Kosher Salt

Directions

1. Prepare Farro according to package directions. Transfer to a large mixing bowl and allow to cool.
2. Add strawberries, blueberries, almonds, and mint to bowl with Farro. Mix gently.
3. In a small bowl, whisk together the honey, lime juice, and salt.
4. Pour dressing on top of salad. Mix gently until well combined.