



Grain Salad with Many Flavors (that holds up for hours)

Serves 6 to 8

For the salad:

- 1 cup uncooked farro
- 1/2 teaspoon salt
- 1 cup cooked French green lentils or beluga lentils
- 1 seedless cucumber, peeled and diced
- 2 tablespoons capers, drained and rinsed
- 1 cup pomegranate seeds (optional)
- 1 cup golden raisins and/or currants
- 3 large carrots, grated (about 1 cup)
- 1/3 cup pitted Kalamata olives, slivered lengthwise
- 1/3 cup chopped fresh Italian parsley

For the dressing:

- 2 tablespoons fresh lemon juice
- 1 tablespoon minced shallot
- 1 tablespoon red wine or sherry vinegar
- 1/4 cup plus 1 tablespoon olive oil
- 1/2 teaspoon salt
- Freshly ground black pepper

To make the farro: In a large saucepan, combine the farro, salt, and an abundant amount of water. Bring to a boil, then reduce the heat to maintain a simmer and cook for about 20 minutes, until the grain is tender but still firm. Drain well and let cool to room temperature. Transfer to a bowl.

Make the dressing: Combine the lemon juice, shallot, and vinegar in a small bowl. Slowly add the oil while whisking, then add the salt and pepper. Set aside.

To assemble the salad: Add the lentils, cucumber, capers, pomegranate seeds (if using), raisins, carrots, olives, and parsley to the farro and toss with the dressing. Adjust the seasonings. The salad will keep well for up to 3 days.

Other ingredients you could add:

- Cubes of any kind of roasted squash
 - Cubes of Granny Smith apple (these won't last as long as some of the other ingredients but they resist turning brown like other apples)
 - Castelvetrano or black oil-cured olives instead of Kalamata
 - Chopped dried figs
 - Dried cherries
 - Shredded kale
 - Canned chickpeas (drained and rinsed)
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To finish with at the last minute:

- Toasted pepitas
- Toasted nuts (try walnuts, pecans, pistachios)
- Fresh chives or other delicate herbs like mint or cilantro
- A dollop of thick yogurt
- Feta or goat cheese
- Warm grilled chicken (or leftovers!)
- A jammy egg