

## Farro, green olive, and feta salad

SERVES 4 TO 6 AS A SIDE

DISH | 45 MINUTES

This recipe, ridiculously easy to make, comes to us from Feel Good Foods Catering in Santa Cruz, California. Use the best green olives you can find—they really stand out here.

1 cup farro wheat\*

2 tbsp. extra-virgin olive oil

3 tbsp. Meyer lemon juice

2 tbsp. finely chopped Meyer lemon zest  
(from about 4 lemons)

½ tsp. pepper

½ cup flat-leaf parsley leaves

½ cup crumbled sheep's-milk or other  
creamy feta cheese

⅔ cup mild green olives such as Lucques,  
cut away from pit in 3 pieces

1. Bring 4 cups salted water to a boil and stir in farro. Reduce heat to a simmer and cook farro until just tender, about 20 minutes. Drain and spread out on a rimmed baking sheet to cool and dry a bit, about 5 minutes.

2. Whisk oil, lemon juice and zest, pepper, and parsley together in a medium bowl. Stir in feta, olives, and cooked farro.

\*Find at well-stocked grocery stores or order online from [bluebirdgrainfarms.com](http://bluebirdgrainfarms.com)

PER ¼-CUP SERVING 212 CAL., 43% (90 CAL.)  
FROM FAT; 6.2 G PROTEIN; 10 G FAT (2.8 G SAT.);  
25 G CARBO (4.3 G FIBER); 363 MG SODIUM;  
11 MG CHOL.

