

## Garden Chef Apple-Cranberry Farro Salad with Sweet Orange Vinaigrette

1 cup farro  
½ large red onion, thinly sliced  
½ cup dried cranberries, unsweetened  
½ cup golden raisins  
2 cup apples, chopped (use a combination of sweet and tart)  
¼ cup goat cheese, crumbled

### Farro

To cook the farro, bring 2 cups of water to a boil in a medium saucepan. Add a bay leaf and the farro. Let simmer on medium-low heat for about 30 minutes. Drain in a colander or strainer. Let cool.

Mix cooled farro with apples, cranberries, raisins and onion. Toss gently. Add goat cheese. Add salt and pepper to taste.

### Vinaigrette

2 T fresh orange juice  
¼ cup olive oil  
2 T red wine vinegar with pomegranate  
1 tsp honey  
1 tsp grated orange zest  
Salt and pepper to taste

Whisk all ingredients together.

Pour a small amount over farro salad, toss and taste. Add more vinaigrette as desired.

Recipe by: Chef Amanda Dew Manning