

# Fennel & Farro Salad

**1 cup farro, uncooked**  
**3 cups water**  
**1 T olive oil**  
**1 bulb fennel, trimmed and sliced on the bias**  
**1 red or yellow bell pepper, seeded & sliced thin**  
**2 T extra virgin olive oil**  
**1 T white balsamic vinegar**  
**sea salt & fresh cracked pepper, to taste**

Bring 1 cup farro and 3 cups water to a boil and cook until just tender, about 20 minutes. Drain farro in a colander and transfer to large mixing bowl.

In large sauté pan, heat olive oil on medium high heat. Add sliced fennel and sliced bell pepper and sauté for about 3 minutes or until softened. Add cooked fennel and peppers to farro and gently toss.

In separate mixing bowl, whisk together extra virgin olive oil, white balsamic vinegar, sea salt and fresh cracked pepper to taste. Drizzle vinaigrette over farro and toss to serve.

Tip: Add crumbled goat cheese and fresh herbs from the garden for added pizzazz!

*Recipe by Garden Chef Megan McCarthy*



ATLANTA BOTANICAL GARDEN