

Mediterranean Grilled Vegetable & Chickpea Salad

1/4 cup farro, wheatberries, kamut or whole grain barley
3-4 T canola oil
3/4 tsp sea salt, divided
1/2 tsp freshly ground black pepper
1 medium eggplant (about 1/2 pound), cut into 3/4 inch rounds
3 sweet yellow banana peppers or 1 yellow bell pepper, halved lengthwise, seeded and deveined
1 T za'atar spice blend
2 T freshly squeezed lemon juice
2 T extra virgin olive oil
1/4 cup cooked chickpeas
1/3 cup cherry tomatoes, halved lengthwise
1/4 cup roughly chopped fresh parsley
3 T roughly chopped fresh dill
1/3 cup crumbled feta cheese

Bring 1.5 quarts of salted water to a boil in a medium pot. Add farro. Return to a boil, reduce heat, and simmer until grains are tender with slight chew, 15 to 20 minutes. Drain water and set farro aside in a large bowl.

Prepare grill. Brush both sides of the eggplant and peppers with canola oil and season with 1/2 teaspoon salt and pepper.

Grill eggplant slices and peppers, turning once halfway through cooking, until both sides are streaked with grill marks, 8-10 minutes total.

Transfer grilled vegetables to a cutting board and slice into 1 inch pieces. Set aside to cool.

Make za'atar vinaigrette by placing za'atar, lemon juice and remaining 1/4 teaspoon sea salt in a bowl. Slowly stream in olive oil while continuously whisking.

Drizzle za'atar vinaigrette over farro and add grilled vegetables, chickpeas, tomatoes, parsley, dill and feta cheese. Gently stir to combine.

Recipe By Garden Chef Ashley R. Van Cise, RDN, LD



ATLANTA BOTANICAL GARDEN