

Garden Chef Apple-Cranberry Farro Salad with Sweet Orange Vinaigrette

Salad:

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

Vinaigrette:

1 Cup	Farro
2 Tbsp	Fresh orange juice
¼ Cup	Olive oil
2 Tbsp	Red wine vinegar with pomegranate
1 Tsp	Honey
1 Tsp	Grated orange zest
	Salt and pepper to taste

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:

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



ATLANTA BOTANICAL GARDEN

Recipe by Edible Garden Chef Amanda Dew Manning