Pecan Pesto Grain Salad

Ingredients

Pecan Pesto:
2 cups tightly packed basil
½ cup olive oil
½ cup parmesan cheese, freshly grated
¼ cup toasted pecans
¼ cup lemon juice
3 cloves garlic, roughly chopped
Big pinch of salt and pepper
Remaining ingredients:
1 cup farro
8 cups water
¼ onion, chopped
4 cups veggies of your choice like eggplant, peppers, and snap beans, chopped
¼ cup olive oil
½ cup crumbled feta cheese
More basil and edible flowers, to garnish

Method

Using a food processor or blender, add your basil and pulse until roughly chopped. Then add freshly grated Parmesan, garlic, lemon juice, olive oil, salt and pepper. Blend until mostly smooth and then add chopped toasted pecans and lightly pulse to incorporate the pecans without turning them into pecan butter. Season to taste. Store for up to 2 weeks in a jar in the refrigerator.

In a medium to large pot, sauté the chopped onion in 1 tablespoon olive oil and a pinch of salt and pepper. Once fragrant, add rinsed farro and water and cook covered over medium low heat for 20-30 minutes until tender. On a large cutting board while your grain cooks, chop your veggies. Use a medium to large saute pan with ¼ cup olive oil, salt, and pepper to lightly cook your veggies. Drain the farro, add the veggies, pesto, and feta and mix well. Top with fresh herbs and edible flowers. Enjoy!

Recipe by Garden Chef Taylor Mead