



Zinc-Boosted Farro Salad

INGREDIENTS

- 2 cups cooked farro
- 1 c cherry tomatoes, halved
- 1 T fresh lemon juice
- 2 T cider vinegar
- 2 tsp Dijon mustard
- 1 small garlic clove, minced or puréed
- Salt and freshly ground pepper
- ¼ c extra virgin olive oil
- 2 c white beans, drained & rinsed
- 1/2 c pepitas (hulled pumpkin seeds)
- 2 T chopped fresh basil
- 2 ounces goat cheese, crumbed (optional)

DIRECTIONS

In a large bowl combine the farro and tomatoes. Whisk together the lemon juice, vinegar, mustard, garlic, salt, pepper, and olive oil. Toss with the farro and tomatoes.

Shortly before serving, add the beans and pepitas to the farro mixture, along with the chopped herbs. Toss together, taste and adjust seasoning. Sprinkle the goat cheese over the top, if using, and serve.

Adapted from Martha Rose Shulman with The New York Times