



Makes 8 to 10 cups
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

⅓ cup dry farro

1 bunch kale, finely chopped (8 to 10 cups)

3 cups broccoli florets, cut into ½-inch pieces

1 orange

1 avocado, peeled and pitted

1 cup fresh cilantro

2 tablespoons lemon juice

1 clove garlic

Sea salt and freshly ground black pepper, to taste

1 red bell pepper, cut into ½-inch dice

1 cup halved cherry tomatoes

1 cup grated carrot

3 to 4 scallions, thinly sliced (½ cup)

1 cup dried cranberries, chopped

¼ cup toasted pine nuts (optional)

Kale and Farro Salad with Orange-Avocado Dressing

You can make the dressing, cook the farro, sauté the kale and broccoli, and prep the other veggies a day in advance, but wait until just before serving to combine them. Note: The Orange-Avocado Dressing will be very thick. Once it's tossed into the salad, the moisture of the cooked greens will help to thin it out.

By Darshana Thacker Wendel

- 1 In a small pot, stir together farro and 1 cup water. Bring to boiling; then reduce heat. Simmer 10 minutes. Drain and set aside.
- 2 In a skillet sauté the kale and broccoli in 2 tablespoons of water over medium for 5 minutes or until broccoli turns bright green and kale has wilted, adding more water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Drain off any leftover water.
- 3 For dressing, remove 1 tablespoon zest and squeeze ½ cup of juice from the orange. In a blender, combine orange juice and zest with avocado, cilantro, lemon juice, and garlic. Blend until smooth and very thick. Season with salt and pepper.
- 4 In a large salad bowl, combine farro, cooked vegetables, bell pepper, tomatoes, carrot, scallions, and cranberries. Mix well. Top with dressing and mix again. Sprinkle with pine nuts (if using). Serve right away.