



Makes 7 cups
Preparation Time: 20 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 cup dry farro

1 15-oz. can no-salt-added chickpeas

1 tablespoons tahini

½ teaspoon curry powder

¼ teaspoon smoked paprika

4 cups chopped romaine lettuce

2 blood oranges, peeled and sectioned

1 cup chopped yellow bell pepper

½ cup sliced scallions

Sea salt, to taste

Freshly ground black pepper, to taste

¼ cup blood orange juice

2 tablespoons red wine vinegar

2 teaspoons pure maple syrup

2 teaspoons Dijon mustard

¼ teaspoon ground cinnamon

Blood Orange-Farro Salad with Crispy Chickpeas

This blood orange salad absolutely bursts with flavor. **Chickpeas** are rolled in a savory curry spice blend and then crisped up in an **air fryer** to create a delicious crunchy topping. Blood orange segments add juicy chunks of citrus to every bite, while chewy farro offers a hearty helping of **whole grains**. And don't even get us started on the dressing—it's so tasty that you might want to drizzle it on all your salads from now on!

Tip: No air fryer? Oven-roast the chickpeas on a parchment-lined baking sheet 45 minutes at 400°F, stirring every 15 minutes.

By Nancy Macklin, RDN

- 1 Place farro and 2 cups water in a saucepan. Bring to boiling; reduce heat. Cover and simmer 20 minutes or until farro is tender and liquid is absorbed. Spread in a shallow baking pan to cool.
- 2 Drain chickpeas, reserving the liquid (aquafaba). Rinse chickpeas then pat them dry. Place in a medium bowl. Add tahini, curry powder, and smoked paprika; mix well. Preheat air fryer 5 minutes at 370°F. Place chickpeas in a single layer in fryer basket (may need to do in batches). Air-fry 15 minutes or until crispy. Spread on a paper towel; cool.
- 3 For Blood Orange Dressing, in a small bowl whisk together orange juice, 3 tablespoons of the reserved aquafaba, the red wine vinegar, maple syrup, Dijon mustard, and cinnamon until smooth.
- 4 In a large bowl toss together cooled farro, the romaine, oranges, bell pepper, and scallions. Drizzle with Blood Orange Dressing and season with salt and black pepper. Just before serving, sprinkle with chickpeas.