



Makes 8 cups filling
Preparation Time: 20 minutes
Cook Time: 35 minutes

INGREDIENTS:

1½ lb. radishes, trimmed and quartered

1 medium sweet onion, cut into thin wedges

2 Tbsp. apple cider vinegar

Sea salt, to taste

Freshly ground black pepper, to taste

1¼ cups dry farro

¼ cup lemon juice

3 Tbsp. tahini

1 small clove garlic

8 baby romaine leaves

1 Tbsp. chopped toasted walnuts

Lemon wedges (optional)

Lettuce Cups with Roasted Radish and Farro

These lettuce cups make a fun handheld appetizer or light meal. Roasting the radishes helps to mellow their peppery flavor. Chewy farro brings meaty substance, walnuts add a satisfying crunch, and a drizzle of creamy **tahini** dressing brings it all together.

By Shelli McConnell

- 1** Preheat oven to 425°F. Place radishes and onion on a 15×10-inch baking pan. Drizzle with vinegar; toss to coat. Season with salt and pepper. Roast vegetables 30 to 35 minutes or until tender and lightly browned, stirring once.
- 2** Meanwhile, in a medium saucepan combine 3 cups water and the farro. Bring to boiling; reduce heat. Cover and simmer 25 to 30 minutes or until farro is tender. Drain if necessary.
- 3** Meanwhile, for tahini sauce, in a blender combine lemon juice, tahini, garlic, and ½ cup water. Cover and blend until smooth. Season with salt and pepper.
- 4** In a large bowl combine radish mixture, cooked farro, and tahini sauce; toss to coat. Serve in baby romaine leaves and top with walnuts. If desired, serve with lemon wedges.