



Makes 8 cups
Preparation Time: 30 minutes

INGREDIENTS:

4 oranges (navel, Cara Cara, and/or blood oranges)

⅓ cup white wine vinegar

1 tablespoon Dijon mustard

1 tablespoon pure maple syrup

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

4 cups cooled cooked farro

1 15-oz. can no-salt-added cannellini beans, rinsed and drained (1½ cups)

½ cup slivered red onion or sliced scallions

½ cup sliced fresh basil

6 cups fresh baby kale

2 cups grape tomatoes

2 tablespoons chopped toasted hazelnuts

Orange Farro Salad with Pan-Roasted Tomatoes

Tired of eating salads that leave you hungry 30 minutes later? This hearty salad is packed full of hunger-busting ingredients that will power you through a busy day without a problem. Chewy farro soaks up the tangy flavors of a citrusy vinaigrette while pan-roasted **tomatoes** add their sweet juices to the jumble of fresh veggies. Red onions offer a pop of bright acidity, cannellini beans bring creamy heft, and fresh basil rounds everything out with fresh herbal flavor. We love piling these toppings onto a bed of baby **kale**, but feel free to use any kind of salad green you like. A sprinkle of crunchy hazelnuts finishes off this scrumptious salad, which will soon earn a spot in your regular recipe rotation.

For more inspiration, check out these tasty ideas:

- [Cornucopia Kale Salad](#)
- [Balsamic-Roasted Delicata Squash Salad](#)
- [Spinach Tabbouleh Salad with Watermelon Radish](#)
- [Roasted Eggplant and Buckwheat Groats Fattoush](#)

By Ellen Boeke

- 1 Remove ½ teaspoon zest from one of the oranges. On a cutting board, slice off the tops and bottoms of all oranges. Slice off the skin and bitter pith in small sections from top to bottom following the curve of the fruit. Holding an orange over a bowl to catch juices, remove segments (supremes) by sliding the knife between the membrane and a segment toward the center of the fruit then back out between the other side of the segment and the next membrane. Repeat to remove all supremes from oranges. Squeeze the membranes to remove any additional juice. Drain juice from bowl into a measuring cup (you should have 3 to 4 tablespoons juice).
- 2 For dressing, add the orange zest, vinegar, mustard, maple syrup, salt, and pepper to orange juice in measuring cup; whisk to combine.
- 3 Add farro, beans, onion, and basil to bowl with orange supremes; drizzle with half of the dressing (about 5 tablespoons). Stir gently to combine. Place kale in a second bowl. Drizzle kale with 1 tablespoon of the remaining dressing. With clean hands, gently massage dressing into kale until kale is glossy and tender.
- 4 In an extra-large skillet cook tomatoes over medium-high 4 to 5 minutes or until lightly charred and skins start to burst, stirring occasionally. Add to farro mixture; stir gently to combine.
- 5 Arrange kale on a serving platter. Top with farro mixture. Sprinkle with hazelnuts. Serve with remaining dressing.