



4 servings

Preparation Time: 1 hours

INGREDIENTS:

1 2-inch garlic bulb + 1 clove
garlic, minced

1 12-oz. package frozen
artichoke hearts, thawed and
halved

2 cups round red radishes,
halved

2 kohlrabi, peeled and cut into
¼-inch-thick strips

½ cup + 1 tablespoon white
balsamic vinegar

½ teaspoon sea salt

½ teaspoon freshly ground black
pepper

2 cups low-sodium vegetable
broth or water

1 cup dry pearled farro (see tip,
recipe intro)

1 cup fresh basil

2 teaspoons Dijon mustard

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

2 heirloom tomatoes, cut into
wedges

4 whole pickled pepperoncini
peppers

4 slices whole grain Italian
bread, toasted

Vegetarian Antipasto Salad

This vegetarian antipasto salad combines the best **Mediterranean** flavors into a gorgeous meal, perfect for gobbling up as the day cools down. Instead of cured meats and cheeses, oven-roasted veggies and garlic toast are the hook for this healthy vegan dish. A whole garlic bulb is roasted until buttery and spread onto toasted whole grain bread; and **artichoke hearts**, red radishes, and kohlrabi get roasted until sweet and juicy. Chewy farro adds heft, butter beans (or cannellinis) lend a creamy texture and pickled pepperoncini, fresh basil, and tangy tomatoes add bright flavor. Drizzle with a basil-Dijon vinaigrette for a meal worth savoring.

Tip: We used pearled farro for this recipe. Semipearled and quick-cooking farro will have different cook times, so be sure to check package directions for best results.

For more inspiration, check out these tasty ideas:

- [Mediterranean Farro Salad](#)
- [Farro Salad With Blueberries and Lemon Dressing](#)
- [Greek Salad with Sun-Dried Tomato Tofu Feta](#)
- [Greek Salad Board](#)
- [Vegan Farro Recipes You'll Wish You'd Known About Sooner](#)

By Ellen Boeke

- 1 Preheat oven to 425°F. Cut the top ¼ inch off the garlic bulb so the clove tops are exposed. Wrap bulb in foil. Roast for 40 to 50 minutes or until very soft. Let cool. Squeeze garlic from papery skin into a bowl and mash.
- 2 Meanwhile, line two baking sheets with parchment paper. Arrange artichoke hearts cut sides down on one baking sheet. In a bowl toss together radishes, kohlrabi, 1 tablespoon of the vinegar, salt, and black pepper; spread on the second baking sheet. Transfer baking sheets to oven and roast 25 minutes or until golden. Let cool to room temperature.
- 3 Meanwhile, in a medium saucepan bring broth to boiling. Add farro; reduce heat. Cover and simmer 15 minutes or until liquid is absorbed and farro is tender. Drain, if necessary. Let cool to room temperature.
- 4 To make vinaigrette, finely chop a third of the basil. Place in a small bowl. Add the remaining ½ cup balsamic vinegar; the remaining 1 clove garlic, minced; Dijon mustard, and freshly ground black pepper, to taste. Whisk to combine.
- 5 Chop the remaining basil. On a platter or in 4 shallow bowls arrange farro, artichokes, radishes, kohlrabi, beans, tomatoes, and pepperoncini peppers. Top with the chopped basil. Drizzle with basil balsamic vinaigrette. Smear toasted bread with roasted garlic; serve with platter.