



Makes 16 cups
Preparation Time: 30 minutes
Cook Time: 25 minutes

INGREDIENTS:

1 15-oz. can no-salt-added chickpeas, drained and $\frac{2}{3}$ cup liquid (aquafaba) reserved

2 cups packed fresh spinach

2 cups packed fresh basil + a few leaves for garnish

$\frac{1}{2}$ cup nutritional yeast

$\frac{1}{2}$ cup lemon juice

4 cloves garlic

$\frac{1}{4}$ teaspoon cayenne pepper

6 tablespoons toasted pine nuts

Sea salt and freshly ground black pepper, to taste

4 cups salad greens

4 cups cooked and cooled farro

2 lb. assorted heirloom tomatoes, cored and sliced

1 cup slivered red onion

Hearty Pesto Salad with Tomatoes, Farro, and Air-Fried Chickpeas

Don't you love the smell of in-season **tomatoes**? Now, you can feast on that gorgeous aroma in this tantalizing pesto salad featuring colorful, chunky, tangy heirloom tomatoes and fresh spinach. **Farro** adds heft, making this a meal-worthy salad, while slivered red onions deliver subtle pops of heat. The whole salad has a rich herbal flavor thanks to a light vegan basil-spinach pesto, which does double duty: First, you'll use it to coat the chickpeas before air-frying them until they're perfectly crispy; then, just before serving the salad, you'll spoon the remaining pesto over top, for a flavor-packed meal or side dish loaded with the best of summer's bounty. This deluxe salad is wonderfully adaptable; feel free to use the grains and greens you have to hand.

Tips

Crispy chickpeas: For the crispiest chickpeas, coat them lightly with the pesto and don't overcrowd them in the air fryer.

Gluten-free: To make this gluten-free, swap out the farro for a gluten-free grain such as quinoa or brown rice.

For more inspiration, check out these tasty ideas:

- [Chopped Salad with Air-Fried BBQ Chickpeas](#)
- [Basil-Leek Pesto Pasta with Cherry Tomatoes and Summer Squash](#)
- [Orzo-Stuffed Tomatoes with Pesto Fluff](#)
- [Spicy Corn and Tomato Salad](#)

By Nancy Macklin, RDN

- 1 Rinse and drain chickpeas (reserve $\frac{2}{3}$ cup of the aquafaba); place chickpeas in a medium bowl.
- 2 For pesto, in a food processor combine $\frac{1}{2}$ cup of the reserved aquafaba, spinach, 2 cups of the basil, nutritional yeast, lemon juice, garlic, cayenne, and 4 tablespoons of the pine nuts. Process until nearly smooth. Season with salt and black pepper. Add 2 tablespoons of the pesto to bowl with chickpeas; toss to coat. Stir the remaining aquafaba into the remaining pesto.
- 3 Preheat an air fryer to 400°F for 5 minutes. Spread chickpeas in a single layer in air-fryer basket. Air-fry 10 to 12 minutes or until chickpeas are lightly browned and crisp. (You might have to work in batches.) Spread chickpeas on a plate to cool.
- 4 Arrange salad greens on a platter or plates. Top with farro, tomatoes, onion, and chickpeas. Top with reserved pesto, the remaining 2 tablespoons pine nuts, and additional fresh basil.