

Fall Farro Salad with Brussels Sprouts and Cranberries

Yields: 4 Servings Preparation time: 45 minutes

Ingredients

- 1 pound Brussels sprouts, cut in half
- 4 cups cooked farro (see cooking instructions on package)
- 4 green onions, sliced
- 1/3 cup fresh parsley, chopped
- 1/3 cup dried cranberries
- 1 cup pecans, toasted
- 1/3 cup toasted walnuts, chopped
- 4 tablespoons white wine vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon sugar
- 1/3 cup olive oil
- Salt and pepper



Instructions

1. Preheat oven to 400 degrees.
2. Spread the Brussel sprouts evenly on a baking sheet. Drizzle a little bit of olive oil to coat and season with salt and pepper.
3. Roast the Brussel sprouts for 25 minutes or until tender. Remove from oven and cool to room temperature.
4. In a small bowl whisk together the vinegar, mustard, and sugar. Slowly drizzle in the olive oil until emulsified. Season with salt and pepper.
5. In a large bowl add the cooked farro, green onions, cranberries, roasted Brussel sprouts, and toasted walnuts. Drizzle $\frac{3}{4}$ of the dressing and toss all ingredients until nicely coated.
6. Garnish the salad with chopped parsley and remaining dressing. Serve room temperature or chilled.