FARRO - CHICKPEA SALAD

Prep Time: 30 minutes
Makes 6 -8 servings

Ingredients
250 mL (1 cup) farro* (dried, uncooked grain)
320 g (8 oz) or about 2 cups of green beans, cleaned and stems removed
540 mL (18 oz.) can of chickpeas
30 mL (2 Tablespoons) lemon juice
30 mL (2 Tablespoons) fresh dill (or 10 mL/2 teaspoons dried dill)
60 mL (¼ cup) feta cheese
60 mL (¼ cup) sunflower seeds, toasted (optional)

Instructions
Cook farro according to package directions (usually boiled in water for 30 minutes - 1 cup of the grain will yield 2 cups of cooked). Allow to cool before adding to other ingredients.

While the farro is cooking, steam the green beans (in the microwave or in a small pot of boiling water) until just softened and still crisp. Drain rinse the canned chickpeas.

In a large bowl, gently toss together the cooked farro and green beans, as well as the chickpeas, lemon juice, dill and feta cheese. Sprinkle with sunflower seeds.

You can add bottled vinaigrette-type salad dressing if you like, or enjoy as is!

Instructions

So yummy! A quick full-meal salad with whole grain farro, protein-rich chickpeas, green vegetables and crunchy seeds.

✓ Budget-Friendly
✓ Quick & Easy
✓ Vegetarian (add nutritional yeast instead of feta cheese for a vegan version)