



RECIPES

Roasted Cauliflower and Farro Salad with Avocado

INGREDIENTS:

Roasted Cauliflower:

1 large head cauliflower, cut into bite-sized florets

2 tablespoons olive oil

¼ tsp red pepper flakes

1/8 tsp salt

Farro:

1 cup uncooked farro, rinsed

2 tsp olive oil

2 cloves garlic, minced

1/8 tsp salt

Salad Additions:

15 pitted Kalamata olives, sliced

¼ cup oil-packed sun-dried tomatoes, rinsed and chopped roughly

½ cup feta cheese crumbles

1 Tb lemon juice (about ½ lemon)

1 avocado, sliced

4 handfuls leafy greens (mixed greens, spinach or arugula)

Freshly ground pepper

INSTRUCTIONS:

1. To roast cauliflower: Preheat oven to 425°F. Toss cauliflower florets in olive oil, pepper flakes and salt. Roast 25-30 minutes, turning halfway, until cauliflower is tender and golden.
2. To cook farro: In medium saucepan, combine rinsed farro with at least 3 cups water (enough to cover the farro by a couple of inches). Bring water to a boil, then reduce heat to a gentle simmer, and cook until the farro is tender to bite but still slightly chewy. Pearled farro will take 15 minutes, semi-pearled will take 25-40 min. Drain off excess water and mix in olive oil, garlic and salt. Set aside.
3. In large serving bowl, toss together roasted cauliflower, cooked farro, olives, sun-dried tomatoes, feta and lemon juice. Taste and season with salt and pepper if necessary.
4. Divide avocado and greens among four plates. Top with a generous amount of cauliflower and farro salad. Finish the plates with squeeze of lemon juice or drizzle of olive oil, if desired. Yields: 4 large servings

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Adapted From: <http://cookieandkate.com/2014/roasted-cauliflower-and-farro-salad-with-feta-and-avocado/>

