

## Farro Salad with Toasted Pecans, Feta and Dried Cherries

Bring a large pot of salted water to a boil over high heat.

Add 1 1/2 cups farro\* and cook, stirring occasional, until tender (about 20 minutes).

Drain well in fine mesh strainer and rinse under cold water.

Shake to remove excess water and transfer farro to medium bowl.

Stir in:

1/2 cup toasted chopped nuts

1/2 cup dried cherries

1/3 c. chopped scallions,

1/4 cup chopped flat leaf parsley

2 tbs. fresh lemon juice

2 tbs. olive oil

Add salt and pepper

Fold in 1/2 cup crumbled feta cheese.

Serve chilled or at room temperature.

\*Farro is an ethnobotanical term derived from Italian Latin for a group of three wheat species: spelt (*Triticum spelta*), emmer (*Triticum dicoccum*), and einkorn (*Triticum monococcum*), which are types of *hulled wheat* (wheat that cannot be threshed)

Served at ASC June 2017 meeting/luncheon