Farro, Green Bean, and Kale Salad

Yield: 2 servings (serving size: 2 cups)

Adapted from
Cooking Light
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Ingredients

- 4 cups water
- 1 cup halved haricots verts or green beans
- 2 tablespoons red wine vinegar
- 1 1/2 tablespoons extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 (8.5-oz.) pkg. precooked farro (2 cups)
- 2 cups thinly sliced lacinato kale
- 1 cup halved cherry or grape tomatoes
- 1 ounce feta cheese, crumbled (about 1/4 cup)

Preparation

1. Bring 4 cups water to a boil in a small saucepan. Add green beans; cook 3 to 5 minutes or until crisp-tender. Drain, and rinse well with cold water; drain.
2. Combine vinegar, oil, mustard, salt, and pepper in a medium bowl, stirring with a whisk. Heat farro according to package directions. Add farro, kale, tomatoes, and green beans to dressing; toss well. Sprinkle with cheese.

Nutritional Information: Amount per serving

- Calories: 321
- Calories from fat: 39%
- Fat: 14g
- Saturated fat: 4g
- Protein: 8g
- Carbohydrate: 42g
- Fiber: 6g
- Sugar: 5g
- Sodium: 459mg