

Farro and Fennel Salad with Basil Dressing

Time: Under 30 minutes

Servings: Two

Level: Easy

Ingredients:

- o ½ cup Farro, cooked according to directions
- o 1 bunch Radishes, trimmed and quartered
- o 2 Tablespoons Apple Cider Vinegar
- o 2 Tablespoons Salt
- o 2 cups Water
- o 1 head of Cauliflower
- o 1 Tablespoon Olive Oil
- o 1 bulb of Fennel
- o 1 Carrot, in thin slices

Basil Dressing

- o 1 cup Basil, firmly packed
- o 4 Tablespoons Lemon Juice
- o 4 Tablespoons Olive Oil
- o 1 clove of Garlic, minced
- o 1 teaspoon Honey
- o ½ teaspoon Salt

Directions:

- 1) To quick pickle radishes, place water, salt and vinegar in a bowl with quartered radishes. Place overnight in fridge.
- 2) Preheat oven to 400°. Cut cauliflower into florets, toss generously with salt, pepper and 1 Tablespoon Olive Oil. Cook for about 10-15 minutes (depends on size of florets).
- 3) Thinly slice Fennel. Set aside.
- 4) To make dressing, combine all ingredients in small blend and blend through.
- 5) Place cooled Farro, Radishes, roasted Cauliflower, Carrots and Fennel in a bowl.
- 6) Toss with 1-2 Tablespoons dressing. A little bit goes a long way!