

Farro Salad With Feta, Pine Nuts, and Tomatoes

With this farro recipe, we infuse the farrow with onion flavor then combine it with a host of fresh ingredients: juicy tomatoes, cucumbers, and herbs, all of which are tied together with red wine vinaigrette, pine nuts, and crumbled feta cheese.

Ingredients

For the Vinaigrette:

2 medium cloves garlic, minced
3 tablespoons red wine vinegar
1/3 cup extra-virgin olive oil
Kosher salt and freshly ground black pepper

For the Salad:

10 ounces farro (about 1 1/2 cups)
4 cups water
1 small white or yellow onion, quartered
1 medium clove garlic, smashed
1 medium carrot, peeled and cut into large chunks
2 teaspoons kosher salt, plus more for seasoning
1 medium tomato, chopped
1 small seedless cucumber, finely chopped
1/4 cup minced, fresh flat-leaf parsley
1/4 cup chopped fresh basil
1 1/2 tablespoons minced, fresh lemon thyme or regular thyme
3 ounces crumbled feta cheese
1/4 cup pine nuts, lightly toasted
Freshly ground black pepper

Directions

1.

For the Vinaigrette: Whisk together ingredients for the vinaigrette in a small bowl, seasoning generously with salt and pepper. Reserve.

2.

For the Salad: Place farro and water in a medium saucepan with onion, garlic, carrot, and 2 teaspoons salt and bring to a boil over medium-high heat. Reduce heat to medium-low, partially cover, and simmer until farro is just tender, about 20 minutes. Drain, discard onion, garlic, and carrot and transfer to a bowl to cool.

3.

Gently fold remaining salad ingredients into cooled farro. Add vinaigrette, starting with a few tablespoons at a time. Taste, season with salt and pepper, and add additional vinaigrette as needed. Serve immediately.