



Roasted Veggie and Farro Salad

 **BRONSON**

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Serves 6-8

Ingredients

Salad

- 1 cup farro
- 2 tablespoons olive oil
- ½ tablespoon honey
- 2 medium carrots, chopped
- 1 cup Brussels sprouts, trimmed, halved, quartered if large
- 1 small beet, chopped
- ¼ cup almonds, sliced

Dressing

- ¼ cup olive oil
- ¼ cup red wine vinegar
- ½ tablespoon honey
- Salt to taste

Nutrition Information (per serving)

217 calories, 11.7g fat, 1.5g saturated fat, 22.8g carbohydrate, 5g protein, 3.1g fiber, 46mg sodium

Directions

1. Preheat oven to 375°F.
2. Cook farro according to package instructions.
3. While farro is cooking, start preparing vegetables. Coat carrots, Brussels sprouts and beets with oil and honey. Spread in a single layer on a sheet pan. Roast for 20-30 minutes until vegetables are tender and are beginning to brown.
4. Combine dressing ingredients in a small bowl, whisk until combined. Add dressing to cooked farro. Set aside until veggies are completed.
5. Once veggies are cooked, combine with farro and top with sliced almonds. Serve warm or cold.