



Farro, Lentils and Apricot Salad with Pecans

Whole grain and vegetable salad layered in a jar

Serves 1 • Portion size 2 cups

2 tbsp Buttermilk Gorgonzola Salad Dressing
1 tbsp Pickled Red Onions with Jalapenos
1/2 cup Kale and Brussels (recipe)
1/4 cup Lentils, cooked
1/2 cup Farro, Cooked
1/4 cup Cherry Tomatoes, Fresh, Halved
1/4 cup English Cucumbers, Diced
3 tbsp Dried Apricots, Julienne Sliced
1 tbsp Pecan Halves, Chopped, Toasted

Pickled Red Onions (yields about 2 cups)
3/4 cup Rice Wine Vinegar, Unseasoned
1 tbsp Kosher Salt
1 tbsp Granulated Sugar
3/4 cup Cold Water
1 each Red Onions, Fresh, Julienne Sliced
1 each Jalapeno Peppers, Fresh, Sliced

Dressing (yields about 1 cup)
6 tbsp Low Fat Plain Yogurt
1 tbsp Shallots, Fresh Peeled, Chopped
1 tsp Crushed Garlic Cloves, Fresh

1 tbsp Italian Parsley, Fresh, Chopped
1/4 tsp Ground Black Pepper
1/4 cup Gorgonzola Cheese Crumbles
6 tbsp Low Fat Buttermilk

Marinated Kale & Brussels (yields about 3 cups)
2 cups Kale, stems removed and sliced thin
2 cups Brussels Sprouts, shaved
2 tsp Oil, Olive
1/2 tsp Kosher Salt
1/4 tsp Ground Black Pepper

Prepare all recipes and set aside:

Mix all dressing ingredients together.

Mix kale and Brussels (best to cut using a mandoline) and mix well with oil, salt and pepper. Let sit for 10 minutes before servings. Pickle: bring vinegar, salt, sugar and water to a boil, just to melt the sugar. Pour over sliced onions and chilies and let sit for 20 minutes before servings. Cook farro and lentils according to package directions. Overcook the farro slightly so that it is tender when served cold. For each salad in a jar arrange ingredients in the following order. 1/2 cup cooked farro, 1/4 cup cooked lentils, 1/4 cup tomatoes, cut in half, 1/4 cup diced cucumbers 3 tbsp dried apricots, julienned 1 tbsp pickled onions, 1/2 cup marinated kale and brussels, 1 tbsp pecans, toasted Close container and serve with 2 tbsp of dressing on the side. Close container. When ready to eat, pour 2 tbsp of dressing into jar, close lid and shake well. Eat straight out of jar or pour into a bowl and enjoy.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
389.1	16.1	67	8.1	1.6	4.1	412.9	12.1

Chef's Notes: Mix and match with grains, vegetables and dressings you have on hand. Apple cider vinegar can be used instead of rice wine vinegar.