



Fit & Flavorful
Ham and Farro Salad
Recipe from Chef Tim Cockram, CEC



Calories: 260 Protein: 8.0g Carbohydrates: 24.1g Total Fat: 14.9g
Saturated Fat: 2.2g Trans Fat: 0.0g
Cholesterol: 6.1mg Sodium: 300.3mg Fiber: 3.6g

Yield: Approx. 8 servings (serving size – 1 cup)

Mayo Clinic Healthy Weight Pyramid serving:
½ protein, 1 carbohydrate, 2 ½ fat, 1 vegetable

Salad:

1 cup farro
2 cups Swiss chard, torn
½ cup mint, chiffonade
1 cup tomatoes, diced
1 cup bell pepper, diced
1 cup garbanzo beans, rinsed, drained
3 ounces low-sodium deli-ham, diced

Dressing:

½ cup olive oil
¼ cup sherry vinegar
2 tablespoons shallots, chopped
1 tablespoon, Dijon mustard

Creative addition:

2 tablespoons Feta Cheese

Preparation

Place farro in a medium saucepan, add enough water to cover by 2 inches, and bring to a boil. Stir, reduce heat to a simmer and cook, uncovered, until the farro is the desired tenderness, 15 to 25 minutes. Drain and rinse with cold water. Drain again.

Meanwhile, prepare dressing by whisking oil, vinegar, shallots, and mustard in a large bowl. Add the remaining ingredients and toss to coat. Serve or refrigerate for up to 3 days.

Technique: By making the dressing from scratch, the sodium content is reduced

Taste: The mint gives the salad a sweet refreshing flavor

Try: Garnish with cheese

Tip: Farro is a good source of fiber and protein