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a nut-free cooking blog

Lentil Farro Salad

Yield: 4 dinner sized portions (or 8 side-dish portions)

4 tbsp. lemon juice
6 tbsp. extra virgin olive oil (EVOO)
¼ cup basil, chiffonade
6 scallions, diced
5 tbsp. hot sauce (I use Frank's Red Hot)
½ tsp. salt
¼ tsp. pepper
½ cup fresh parsley, diced
¾ cup cooked lentils*
¾ cup cooked farro** (or quinoa or couscous)
3 roasted red peppers, diced
4 carrots, grated
8 radishes, thinly sliced



1. In a large bowl, combine the cooked lentils*, cooked farro**, roasted red peppers, carrots, radishes, and scallions.

2. In a measuring cup, whisk together the lemon juice, EVOO, hot sauce, salt, pepper, basil, and parsley. Pour over the ingredients in the large bowl. Toss to coat.

* Rinse the lentils and pick out any small stones that may be mixed in with them. To cook, combine 1½ cups of rinsed lentils with 2¼ cups water in a saucepan. Bring to a boil. Reduce the heat to low, cover, and simmer for about 15-35 minutes, depending on the type of lentil you're using (red go quicker, green take a little longer). (This will leave you with extra lentils that what's needed to make the recipe above.)

** To cook the farro, bring 2½ cups of water to a boil. Stir in 8 oz. farro, and reduce heat to low. Cover and simmer for 35 minutes. Remove from the heat, but keep covered so the farro re-absorbs some of the moisture. Let stand (covered and off the heat) for 10 minutes.

