

Spring Salad with Farro Snap Peas and Feta

Recipe by: Claudia Alexander

NOTE: Make the dressing first and set aside while you make the salad.

Leafy greens need to be completely dry, or dressing will not stick to the leaves.

You can cook the farro, toast the pepitas, and make the dressing the day before.

SERVES 4

Adapted from the A.O.C. cookbook by Suzanne Goin

Salad Ingredients:

1 cup of uncooked pearled farro

2 cups gem lettuce, arugula, or spinach (see note)

1 bunch of radishes washed, dried, and sliced from stem to root as thin as possible

3 scallions washed, diagonally sliced

1 cup of snap peas

½ cup fava beans (optional)

½ cup chopped mixed herbs (parsley, mint, cilantro, basil)

¼ lb. feta or goat cheese crumbled

¼-1/3 cup of toasted pepitas (325° in the oven for 5 minutes)

Directions:

1. Put one cup of uncooked farro and 2 cups of water in a medium-sized saucepan. Bring to a boil, lower heat, cover and cook at a low simmer for about 25-35 minutes. Test the grain for doneness and add more water if necessary. The texture should be kind of al dente. Drain and rinse the grain and set it aside in a bowl.
2. While the farro is cooking, toast the pepitas. Place them on a cookie sheet in a single layer in a 325° oven for 4 or 5 minutes until fragrant. Cool on another plate so they don't overcook.
3. Next put the snap peas in a Pyrex measuring cup and pour boiling water over them. Let them sit for 2 minutes, drain and dry on a tea towel.
4. Chop the scallions and herbs, then toss with the farro, radishes, snap peas, and fava beans if using.
5. Just before serving toss with the greens, toasted pepitas, feta and dressing. Taste, adjust seasoning, and serve.

Variations: You can add grilled shrimp, or chicken, grilled asparagus, or thinly sliced fennel, tomatoes and corn in the summer, or roasted squash and pomegranate seeds in the fall.

Citrus Dressing:

Makes ½ cup

Ingredients:

1 tablespoon sherry or white wine vinegar

1 teaspoon Dijon-style mustard

1 tablespoon fresh lemon juice (about ½ lemon—Meyer if you have it)

½ cup olive oil

Pinch of kosher salt and a few grinds of fresh pepper

Directions for making the dressing:

In a jar with a tight-fitting lid add vinegar, mustard, lemon juice, and salt and pepper. Cover and shake vigorously for a second or two. Add the oil and repeat. Taste and adjust seasoning as needed.