

Apple Farro Grain Salad

Diabetes Friendly

Items Needed: cutting board, knife, saucepot, measuring cups, measuring spoons, baking sheet, salad bowl

Makes Approx: 8 (1/2 cup servings)

Ingredients:

- 3 cups cooked farro (1 cup dry.)
- 1 small sweet potato
- ½ large honey crisp apple
- 2/3 cup cherry tomatoes
- 2 cups Kale (chopped)
- 2 Tbsp Olive Oil
- 1 Tbsp Lemon Juice
- 1 tsp maple syrup
- Salt and pepper to taste



Directions:

1. Preheat oven to 400 degrees. Cook Farro according the instructions on the package. You can also use a pressure cooker or instant pot.
2. Peel and cut the sweet potato into a large dice, cut your apple to approximately the same size and lay out on a baking sheet. Drizzle lightly with oil, season with salt and pepper and place in the oven.
3. Roast for approximately 20 minutes or until the sweet potato is cooked through and the apple is starting to caramelize.
4. While the potato and apples are roasting, slice the cherry tomatoes in half and chop your kale.
5. In your salad bowl, measure out your olive oil, lemon juice, and maple syrup. Add a touch of salt and pepper.
6. Remove your veggies from the oven and allow to cool.
7. Once cooled combine all ingredients into salad bowl and toss in the dressing mixture. Adjust seasoning as needed and serve over greens, as a side or eat as a delicious balanced snack.



Nutrition Information (per 1/8 recipe):

Calories: 124 Fat: 4.1 g Carbs: 15.8 g Protein: 3.7 g Fiber: 4.4 g

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