

# GRILLED SCALLION, FARRO, MINT SALAD, LEMON-MISO DRESSING

**Serving size:** ½ cup

**Makes 10 servings**

- 1 pounds Farro, dry
- as needed, Cooking Spray
- 1 large bunch Green Scallion Onions
- 2 TBSP Lemon Juice
- 1 tsp Lemon Zest, grated
- 2 ½ TBSP Canola Oil
- 1 TBSP White Miso Paste
- 1/2 tsp Ground Black Pepper
- ¼ cup Mint, chopped
- ½ cup Edamame, shelled, frozen, thawed
- 1/3 cup Carrot, sliced

## Preparation:

1. To prepare farro, heat water in a large pot with a lid. Stir in farro, reduce heat and simmer covered for 25-30 minutes, or until desired texture. Drain the farro through a fine-mesh strainer and set aside.
2. Prepare grill with pan spray. Cook scallions until charred and soft, about 2 minutes. Let cool. Chop of the roots and slice the rest of the scallions into 1-inch pieces.
3. In a small bowl, mix lemon juice, lemon zest, oil, miso paste and black pepper.
4. In a serving bowl, mix cooked farro, scallions, mint, edamame, carrots, and lemon-miso dressing and serve.



*Registered Dietitian Approved!*

## NUTRITION FACTS PER SERVING

<b>calories</b>	110
<b>total fat (g)</b>	5
saturated fat (g)	0
trans fat (g)	0
<b>sodium (mg)</b>	85
<b>total carbohydrate (g)</b>	14
dietary fiber (g)	3
sugar (g)	1
<b>protein (g)</b>	4