

Farro Tabbouleh

Portion Size: ½ cup

Yield: 8

Ingredients:

Water	3 qt
Farro Grain, Dry	8 oz
Cucumbers, Peeled, Diced, Seeded	1 cup
Tomatoes, Peeled, Diced	2 cups
Parsley, Fresh, Chopped	¼ cup
Lemon Juice, Fresh	3 TBSP
Kosher Salt	¾ tsp
Cayenne Pepper	<1/8 tsp
Canola Oil	3 TBSP
Mint Bunch, Fresh, Chopped	¼ cup

Preparation:

1. In a large pot, simmer farro in water until tender, approximately 30 - 40 minutes.
2. Drain in a colander and rinse with cold water to chill.
3. Combine farro with cucumbers, tomatoes, parsley, lemon juice, salt, cayenne, oil and mint. Mix well.
4. Chill tabbouleh and enjoy.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
140	5	21	3	2	5	0.5	200



[FLIK-USA.com/blog](https://www.flik-usa.com/blog)



FLIK Hospitality
Group



@FLIKHospitality