



IMPACT's Favorite Recipes

Roasted Cauliflower and Farro Salad with Feta and Avocado

Time: 15 minutes -- Cook Time: 30 minutes total

This satisfying vegetarian salad recipe features warm whole grains, roasted cauliflower, fresh greens and bold Mediterranean flavors. It packs well for lunch, too! Recipe yields 4 hearty salads.

INGREDIENTS

Roasted cauliflower

1 large head cauliflower (about 2 pounds), cut into bite-sized florets

2 tablespoons extra-virgin olive oil

¼ teaspoon red pepper flakes (scale back or omit if sensitive to spice)

¼ teaspoon fine sea salt

Garlicky farro

1 cup uncooked farro, rinsed

2 teaspoons extra-virgin olive oil

2 cloves garlic, pressed or minced

¼ teaspoon fine sea salt

Everything else

⅓ cup pitted Kalamata olives, rinsed, half sliced into small rounds and the rest halved lengthwise

¼ cup oil-packed sun-dried tomatoes, rinsed and roughly chopped

½ cup crumbled feta (about 2 ounces)

1 tablespoon lemon juice (about ½ lemon), plus more for serving

Freshly ground black pepper, to taste

1 avocado, sliced into thin strips

4+ handfuls leafy greens (spring greens, spinach, arugula or baby kale are all good choices)

INSTRUCTIONS

To roast the cauliflower: Preheat the oven to 425 degrees Fahrenheit. Toss the cauliflower florets with the olive oil, red pepper flakes and salt, and arrange it in an even layer across the pan. Roast for 25 to 35 minutes, tossing halfway, until the cauliflower is tender and deeply golden on the edges.

To cook the farro: In a medium saucepan, combine the rinsed farro with at least three cups water (enough water to cover the farro by a couple of inches). Bring the water to a boil, then reduce the heat to a gentle simmer, and cook until the farro is tender to the bite but still pleasantly chewy. (Pearled farro will take around 15 minutes; unprocessed farro will take 25 to 40 minutes.) Drain off the excess water and mix in the olive oil, garlic and salt. Set aside.

In a large serving bowl, toss together the roasted cauliflower, cooked farro, olives, sun-dried tomatoes, feta and lemon juice. Taste and season with additional salt and pepper if necessary.

Divide the avocado and greens between four dinner plates. Top with a generous amount of the cauliflower and farro salad. Finish the plates with an extra squeeze of lemon juice or drizzle of olive oil, if desired. Serve promptly.

Recipe inspired by George's at the Cove

MAKE IT GLUTEN FREE: I think this would be good with cooked short-grain brown rice or quinoa instead of farro.

MAKE IT VEGAN: Skip the feta. You might want to add some extra olives to make up for it.

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