

# MAKE A GREAT PLATE.

## Farro and Apple Salad

### INGREDIENTS

1 cup farro (hulled wheat)	2 tbsp extra-virgin olive oil
1 medium apple, cored and diced	¼ tsp salt
4 cups baby kale or spinach leaves	4 oz. soft goat cheese
1 tsp Dijon mustard	
1 tsp maple syrup	
2 tbsp apple cider vinegar	



### DIRECTIONS

**In** medium pot, boil farro in 3 cups of water for 30 minutes. **Drain** excess water, and rinse farro with cold water in sieve to cool. **In** large serving bowl, combine farro, apple and kale. **In** small mixing bowl, whisk together Dijon, maple syrup, vinegar, oil and salt. **Pour** dressing over farro salad and mix. **Sprinkle** with goat cheese and serve.

**Makes 6 Servings. Each:** 205 calories • 8g protein • 9g total fat • 26g carb  
3g sugar • 5g fiber • 188mg sodium • 3g saturated fat • 5g mono fat • 1g poly fat