Notes:			



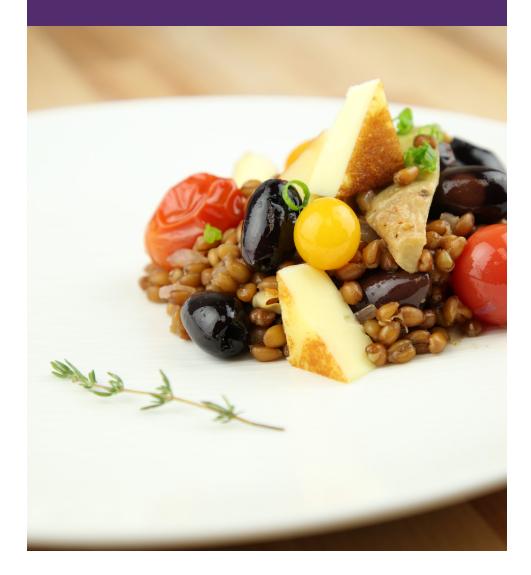






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Raw Super Grain



Raw Grain

## **Ingredients:**

32 oz cooked Farro

- 2 cups Artichoke Hearts (canned & drained)
- 1½ cups Kalamata Olives (canned & drained)
- 2 cups Blistered Cherry Tomatoes
- 2 cups Grilled Halloumi Cheese
- 2 each Navel Orange
- 2 each Lemon
- 2 Tbsp Chopped Garlic
- 1 each Small Diced Red Onion
- 2 each Rosemary Sprigs
- 2 each Thyme Sprigs
- 1 Tbsp Crushed Red Pepper
- 2 Tbsp Olive Oil

Salt & Pepper to taste Green Onions for Garnish



Mediterranean Farro Saute

## **Preparation**

- 1. Peel lemon and orange rinds with a peeler, reserve the peeled lemon and orange for their juices.
- 2. Cook the farro according to package instructions.
- 3. In a large sauté pan, add olive oil, garlic, red onion, citrus peels, crushed red pepper, and whole thyme and rosemary. Sweat on medium-low for 8-10 minutes.
- 4. Grill halloumi cheese for 4 minutes on each side. Remove and let cool for 3-4 minutes before cutting into bite sized pieces.
- 5. Add artichokes, olives, and tomatoes to the sauté pan and sweat on medium heat for 5-6 minutes.
- 6. Squeeze the juice of the lemons and oranges into the sauté pan and remove the large peels and whole rosemary and thyme.
- 7. Mix the farro and the sauté pan with all liquid in a large mixing bowl. Season with additional olive oil and salt and pepper if needed.