

Bok Choi Farro Hot Winter Salad

Ingredients:

- Farro, carrots, shallots, bok choy, ginger, garlic, apple cider vinegar, salt, pepper.
- If frozen heat in oven at 350° F, after 15 minutes mix and heat for an additional 15 minutes or thaw in refrigerator and heat for 1-2 minutes in microwave or on stove top until hot to taste

Recipe:

- 1 cup Farro, 1 cup carrots, 2 cups bok choy, ½ cup shallots, ¼ cup fennel, ½ cup kale, 3 cloves of garlic, 1 tbs apple cider vinegar, 2 tsp ginger, salt and pepper
- Boil 2.5 cups of water or vegetable stock add Farro (wash with water in a strainer first), cook on low heat for 35-45 minutes. In a sauce pan saute diced (1/2 in cubes) carrots and shallots in 2 tbs olive oil and ½ cup vegetable stock under medium heat until vegetables are nearly soft then add 3 cloves of chopped garlic . Add ginger, apple cider vinegar. Steam 2 whole bok choy for 2 minutes, add to ice water to cool quickly. Drain and pat dry then chop into bite sized pieces and mix with sauted vegetables together with the cooked wheatberries in sauce pan. Cook for an additional 1-2 minutes. Season to taste with salt and pepper.