

Stone Fruit Salad

Ingredients

- 1 cup Italian Pearled Farro, rinsed
- 1 Tbsp balsamic vinegar
- 1 Tbsp white wine vinegar
- ½ Tbsp maple syrup
- 1 tsp Dijon mustard
- ¼ cup olive oil
- ½ cup mint leaves, minced
- 1 cup fresh cherries, pitted and halved
- 1 cucumber, finely chopped
- 1 4 oz package goat cheese, crumbled

Preparation

1. Bring a medium pot of salted water to a boil
2. Add farro, bring to a simmer and then reduce heat to medium-low
3. Simmer until farro is cooked through, 25-30 minutes
4. Drain well
5. In a large bowl, whisk together vinegar, maple syrup, mustard and a pinch of salt
6. Slowly drizzle oil into bowl while whisking, until the dressing is emulsified
7. Add mint and whisk until combined
8. Season with salt and pepper to taste
9. Add farro to bowl with dressing, tossing until well coated
10. To bowl, add cherries and cucumber
11. Toss to combine
12. Add crumbled goat cheese and gently toss
13. Season with salt and pepper

