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### *Farro Salad Recipe*

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2 cups farro  
1 pound grapes  
2 red onions  
olive oil  
balsamic vinegar  
salt and pepper

Heat oven to 325\*. Cook farro in 5 cups water with 1 teaspoon salt for 30 minutes. Drain and cool. Meanwhile, remove stems from grapes, toss with olive oil, salt and pepper. Chop onions into 1/2 inch pieces, toss with olive oil, salt and pepper. Spread grapes and onions on rimmed baking sheets, make sure they are in a single layer so they roast rather than steam. Roast in oven for 45 minutes to an hour. Grapes will be juicy and the onions should be softened but not crispy. Pour both over the cooked farro along with all pan juices. Moisten with equal amounts of balsamic vinegar and olive oil, add more salt and pepper to taste.

Note: this works equally well with any other cooked grain, brown rice, quinoa or barley are good options.