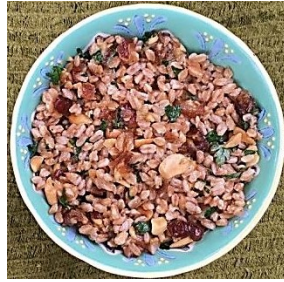


Fresh Farro & Peanut Salad



- **Ingredients**

1 ½ cups farro, uncooked

1 tablespoon olive oil

¾ cup Peanut Shop Unsalted Peanuts, chopped

½ cup fresh mint or parsley, chopped, or both (1/4 cup of each)

Squeeze of one lemon

Variations:

Sweeten it up: Add two or three finley chopped dates and mix well.

Fill it with Flavor: Zest the lemon you used for the base and stir it in.

- 30 minutes
- 8 - Serving Size: 1/2 cup
- Easy

Directions

Cook farro according to package instructions or try using the [pasta method](#). Transfer to a bowl, add remaining ingredients and mix well. Season to taste with salt & pepper.

Use this as your base and make it your own, or just keep it simple!