



## ANCIENT GRAIN SALAD

### Ingredients:

1 cup farro  
2 ½ cups water  
1 cup shelled edamame  
½ cup diced red bell pepper  
¼ cup chopped red onion  
1 lime, juiced  
2 tbsp balsamic vinegar  
½ cup pineapple, diced

### Instructions:

- In a medium saucepan, combine the farro and water, bring to a boil. Reduce heat to low, cover and simmer for 20-25 minutes or until farro is tender and water has been absorbed. Let cool.
- Transfer farro into a mixing bowl and stir in remaining ingredients. Chill before serving.

### Nutritional Information:

- Servings: 4
- Servings size: ¾ cup
- Calories: 300 kcal
- Fat: 2.7 g
- Saturated Fat: 0.2 g
- Unsaturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 187.2 mg
- Carbohydrates: 55 g
- Fiber: 5.4 g
- Sugar: 12.5 g
- Protein: 11.8 g