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: 3/4 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