

Farro Salad with Dried Fruit and Garbanzo Beans

Salad

- 3 c. uncooked farro (barley)
- ½ c. dried cranberries
- ½ c. dried apricots cut in ¼ inch dice
- ½ c. golden (or reg.) raisins
- 1 c. cinnamon citrus vinaigrette
- 1 ½ c. garbanzo beans, cooked (or drained and rinsed canned beans)
- ½ c. fresh mint, chopped
- ½ c. toasted pine nuts (or sunflower seeds)

Cinnamon-citrus vinaigrette

- ¼ c. lemon juice
- ¼ c. orange juice (I increased to about 2/3 c. and used very sweet home-squeezed)
- 3/8 T. cinnamon
- ¾ T orange zest (I increased both citrus zests to about 1 T)
- 3/8 T. lemon zest
- ¾ T. honey
- 1 c. plus ¾ T. olive oil
- 3/8 t. salt

Cook barley in salted water till tender. Drain and toss with dried fruits while still hot; allow to cool. When cool, toss with garbanzo beans mint and pine nuts. Recipe also recommends using 1 c. vinaigrette rather than all. I used all, and added more orange juice (see comment in recipe) and cinnamon (not measured exactly).