

Farro Salad with Tomatoes and Cucumbers



Ingredients

1 cup farro	2 cloves garlic, minced
2 cups fresh tomatoes, chopped	1/4 cup balsamic vinegar
1/4 cup red onion, chopped	1/2 tsp black pepper
1 cucumber, chopped	1/2 tsp salt

Instructions

Bring 2 cups of water to boil. Add 1 cup farro, simmer over low heat for 30 minutes. Cool. Combine cooled farro, tomato, onion, cucumber, and garlic. Add balsamic vinegar. Season to taste with pepper and salt.

Nutrition Information Per Serving

Serving Size: 1/2 cup

Serves: 12

Calories: 90

Fat: 0 gm

Sodium: 100 mg

Fiber: 3 gm

Carbohydrates: 17 gm

Protein: 3 gm

Sugars: 2 gm