

Farro Salad with Tomatoes and Cucumbers

Serves: 6- 1/2 cup each

amount	unit	Ingredients:
0.5	cup	farro
1	cup	fresh tomatoes, chopped
.25	cups	red onion, chopped
1	each	cucumber, chopped
1	each	garlic cloves, minced
2	Tbsp	balsamic vinegar
0.25	tsp	black pepper
0.25	tsp	salt

Instructions: Bring 1 cup of water to boil. Add 1/2 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.

Nutritional Information:

Calories: 90; Carbohydrates: 17g; Fiber: 3g; Sugars: 2g; Protein: 3g; Fat: 0g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 100mg