

Farro Salad

Ingredients

Farro, cooked	1 cup
Mixed Greens	6 ounces
Dried Cranberries	1/2 cup
Chopped dates	1/3 cup
Marcona Almonds, chopped	1/4 cup
Champagne Vinegar	1/4 cup
Honey	1 Tbsp.
Ground Flax Seed	1 Tbsp.
Orange Juice	2 Tbsp.
Salt, optional	1 tsp.
Pepper	1/4 tsp.

Directions

- In salad bowl, combine greens, farro, cranberries, and dates.
- Make a dressing out of vinegar, honey, ground flax seed mixed with water, salt and pepper.
- Toss together.
- Garnish with almonds.

Ground Flax seed high in fiber, also contains the plant form of omega--3 fatty acid. For this recipe, it serves to bind the dressing together and form the "oil" of the vinaigrette.