

# Beet, Blood Orange and Farro Salad

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4-6 servings

## Ingredients

### For the dressing

¼ cup green onions, finely chopped  
2 teaspoons blood orange rind, grated  
1 teaspoon lemon rind, grated  
2 tablespoons blood orange juice  
1 tablespoon fresh lemon juice  
2 teaspoons cilantro, finely chopped  
¼ teaspoon salt  
¼ teaspoon ground coriander  
¼ teaspoon ground cumin  
¼ teaspoon paprika  
3 tablespoons extra-virgin olive oil

### For the salad

2 cups cooked farro (according to package directions)  
½ teaspoon salt, divided  
1 cup blood orange sections, peeled and chopped (about 4 medium)  
1 cup avocado, peeled and diced  
2 medium beets, cooked and cut into wedges

## Method of Preparation

1. For the dressing: Place the green onions, orange rind, lemon rind, orange juice, lemon juice, cilantro, salt, coriander, cumin, and paprika into a medium bowl. Gradually add the oil, stirring constantly with a whisk. Set aside.
2. For the salad: Combine the cooked farro, a quarter teaspoon of the salt, blood orange sections, and avocado in a large bowl, tossing gently to combine. Add the dressing; toss gently to coat salad. Divide and serve in equal portions, topping individual plates with equal amounts of beets.

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01.29.18 "Grains with Alison Bologna"

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