

## Tossed Blueberry and Farro Salad

Recipe by: Audrey Sweetwood '18, JWU Culinary Student Assistant

Yield: 4 servings

### Ingredients

#### For the vinaigrette

1 ½ cups fresh blueberries  
¼ cup olive oil  
1 medium shallot, minced  
1 tablespoon agave nectar  
2 teaspoons Dijon mustard  
¼ cup red wine vinegar  
Salt and black pepper, to taste

#### For the salad

¾ cup uncooked farro  
4 fresh peaches, cut into slices  
Olive oil, for brushing  
8 cups fresh Mache lettuce  
1 cup fresh blueberries  
½ cup blue cheese, crumbled  
½ cup hazelnuts, toasted and roughly chopped



### Method of Preparation

1. *For the vinaigrette:* In a food processor, puree all vinaigrette ingredients until smooth. Season with salt and pepper to taste. Pour into salad dressing container and refrigerate until ready to use.
2. *For the salad:* Cook farro according to package directions. Drain and set aside to bring to room temperature.
3. Heat grill over high heat. Brush peaches with olive oil and lightly season with salt and pepper. Grill peaches until grill marks develop, about two minutes per side. Reserve and let cool.
4. In a large bowl, lightly toss lettuce with farro, peaches, blueberries, blue cheese and hazelnuts. Distribute equal servings of salads onto plates and serve with vinaigrette.

#### **Nutritional Analysis:**

Calories: 530  
Carbohydrates: 63 g  
Sodium: 210 mg  
Protein: 15 g  
Fat: 28 g  
Fiber: 10 g