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KALE & FARRO SALAD WITH LEMON & CHIA DRESSING

Serves: 4-6 | Prep Time: 25 minutes

Ingredients

- 1 C farro (or quinoa for gluten free), rinsed and drained
 - Juice from 1 large lemon (about 5 tbsp)
 - 3 tbsp olive oil
 - 4 cloves garlic
 - ½ a medium shallot
 - 1 tsp dijon mustard
 - 2 tbsp nutritional yeast
- ¼ tsp freshly ground black pepper
 - 2 tbsp chia seeds
 - ¼ C chopped green onion
 - ½ C raw pumpkin seeds
 - ¼ C pomegranate seeds
 - 1 pear, cored and diced
- 4-5 C kale, roughly chopped

1. Place farro in a small saucepan with 2 C water, a drizzle of olive oil, and a pinch of salt. Bring to a boil, then simmer for 20 minutes.
2. Combine the lemon juice, olive oil, garlic, shallot, dijon and nutritional yeast in a food processor, and puree. Add the chia seeds, stir, and let it sit while you prepare the rest of the salad so the chia seeds have time to expand.
3. Place pumpkin seeds in a small saute pan with a drizzle of olive oil and a pinch of salt over medium heat. Toast, stirring frequently, until seeds become brown and fragrant, about 5 minutes.
4. Toss together kale, cooked farro, pumpkin seeds, pomegranate seeds, and pear. Serve with lemon and chia seed dressing.

NOTES

- This recipe contains 168% of your daily requirement for Vitamin A, 128% for Vitamin C and 30% iron.

NUTRITIONAL INFORMATION

Calories: 401 **Fat:** 20 **Sodium:** 53 **Carbs:** 46.4
Fiber: 9 **Sugar:** 8.6 **Protein:** 15.1