



Strawberry, Spinach & Farro Salad

4 servings
40 minutes

Ingredients

- 1 cup Farro (rinsed)
- 1 cup Strawberries (divided)
- 1 1/2 tbsps Balsamic Vinegar
- 3 tbsps Water
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 8 cups Baby Spinach
- 1/4 cup Red Onion (thinly sliced)

Nutrition

Amount per serving	
Calories	211
Fat	1g
Saturated	0g
Carbs	41g
Fiber	5g
Sugar	6g
Protein	9g
Cholesterol	0mg
Sodium	60mg
Vitamin A	5631IU
Vitamin C	39mg
Calcium	93mg
Iron	2mg

Directions

- 1 Cook the farro according to package directions and set aside to let cool slightly.
- 2 In a blender or food processor, add half the strawberries, balsamic vinegar, water, maple syrup, salt, and pepper and blend until smooth.
- 3 Slice the remaining strawberries.
- 4 Add the spinach, onion, and sliced strawberries to a large salad bowl. Add the cooked farro to the salad bowl. Drizzle the dressing on top and toss to combine. Serve and enjoy!

Notes

Leftovers: This is best stored with the dressing separate from the salad. Refrigerate both in an airtight container for up to three days.

Gluten-Free: Use quinoa instead of farro.