



Slow-Roasted Tomato Farro Salad

(Recipe from HowSweetEats)

Serves: 4-6

Active Time: 15 minutes

Cook Time: 2 hours

Total Time: 2 hours 15 minutes

- 2 pints cherry or grape tomatoes, halved
- 1 tbsp olive oil
- 1/2 tbsp sugar
- 1 garlic clove, minced
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp dried thyme
- 2 cups cooked farro
- 1/2 cup crumbled feta cheese
- 1/2 cup pine nuts
- 1/4 cup fresh herbs, like parsley, chives, oregano, etc
- Kosher salt and pepper to taste

Lemon Vinaigrette:

- 3 tbsp lemon juice
- 2 tbsp champagne vinegar
- 1 & 1/2 tbsp honey
- 2 garlic cloves finely minced or pressed
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 cup extra virgin olive oil

For the Slow-roasted Tomatoes:

Preheat the oven to 300°F. Line a baking sheet with parchment paper. Place the cherry tomatoes on the sheet and drizzle with olive oil. Sprinkle with garlic, sugar, salt, thyme and toss

well. Roast for 1 & 1/2 to 2 hours, tossing every 30 minutes, until the tomatoes are super caramelized and shriveled and sweet. P.S. These keep great in a sealed container in the fridge for a few days if you have extra!

Farro Salad:

While the tomatoes are roasting, I like to cook the farro and toast the pine nuts. Cook the farro according to the directions (it's usually 1 cup farro to 2 cups liquid, simmering for about 30 to 40 minutes) and let it cool. If desired, you can toss it with a bit of olive oil so it doesn't stick together, but don't use too much since we toss the salad in dressing.

To toast the pine nuts, heat the nuts in a skillet over medium-low heat. Toss the nuts and shake the pan a few times until they are golden and fragrant, about 5 minutes. Don't take your eyes off them!

To make the salad, combine the farro with the tomatoes in a large bowl. If taking this to a party, I would combine it all cold and serve it cold. Toss in the feta cheese, pine nuts and fresh herbs. Add about 1/4 cup of the dressing, tossing well. Taste and season with salt and pepper as needed. If needed, you can add more dressing, or serve the salad as is with the dressing on the side so people can use it themselves. This stores great in the fridge for a few days!

Lemon Vinaigrette:

In a bowl, whisk together the vinegar, lemon juice, honey, garlic, salt and pepper. Continue to whisk while streaming in the olive oil. This dressing stays great in the fridge in a sealed container for a week or so, so feel free to make a double batch if desired!