Ancient Grain Salad with Roasted Tomatoes

Makes: 12 servings
Prep Time: 30 minutes Cook Time: 1 hour & 30 minutes
Total Time: 2 hours

Ingredients

For the Tomatoes:

- 4 cups cherry or grape tomatoes
- 2 tbsp extra virgin olive oil
- 1 tsp garlic salt
- 1 tsp Italian seasoning
- 1 tsp sugar
- 1/4 tsp freshly ground black pepper

For the Grains:

- 1 cup uncooked quinoa
- 2 cups uncooked farro

For the Pine Nuts:

- 1 tsp unsalted butter
- 1/2 cup pine nuts

For the Dressing:

- 3 tbsp fresh lemon juice
- 1/2 cup extra virgin olive oil
- 1 tsp honey
- 1 medium clove garlic, finely minced
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper

For the Salad:

- 1 cup fresh basil leaves, finely chopped
- 1 cup shaved Parmesan cheese, roughly chopped
- 1/2 cup kalamata olives, halved
- 1/2 medium red onion, finely diced
- Fresh basil leaves, for garnish

Instructions

For the Prep:

Preheat oven to 325°F. Line a sheet pan with parchment paper, allowing the edges to extend slightly over the sides for easy cleanup.

For the Tomatoes:

Wash, pat dry, and halve the tomatoes. Arrange them cut-side up on the prepared sheet pan. Drizzle with olive oil and sprinkle evenly with garlic salt, Italian seasoning, sugar, and pepper. Roast for 45–60 minutes, until the tomatoes are shriveled but still slightly juicy. Set aside.

For the Grains:

While the tomatoes roast, prepare the quinoa and farro according to their package cooking times. Rinse each grain separately in a fine-mesh strainer and drain well.
Bring a large pot of water to a boil and add 2 tbsp kosher salt. Add the grain that requires the longer cooking time first. When there are only as many minutes left as the shorter-cooking grain requires, add the second grain. Continue cooking until both grains are tender, then drain well.

For the Pine Nuts:

Melt the butter in a small sauté pan over low heat. Add the pine nuts and cook, stirring frequently, until golden and fragrant, about 5–10 minutes.

For the Dressing:

Combine the lemon juice, olive oil, honey, garlic, salt, and pepper in a jar with a tight-fitting lid. Seal and shake well to combine.

For the Salad:

Finely chop the basil and roughly chop the shaved Parmesan. Combine the cooked grains, half of the roasted tomatoes, half of the pine nuts, olives, red onion, Parmesan, and chopped basil in a large bowl.

Drizzle with 3 tbsp of the dressing and gently toss to combine. Top with the remaining tomatoes, pine nuts, and fresh basil leaves. Serve with the remaining dressing on the side.