

# Our State eats

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## Zesty Whole-Grain Salad with Feta

Yield: 8 servings.

### Salad:

- 3 cups chicken or vegetable stock
- 1 cup uncooked farro, rinsed and drained
- 1 cup quinoa, rinsed in a fine mesh colander
- 2 cups water
- 1 large cucumber, seeded and finely diced
- ½ cup finely diced sun-dried tomatoes
- ½ cup crumbled feta cheese
- ⅓ cup finely diced red onion
- ¼ cup finely chopped fresh parsley
- ¼ cup pitted Kalamata olives, chopped

### Dressing:

- 3 tablespoons olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon red wine vinegar
- ¼ teaspoon dried oregano
- 1 garlic clove, minced
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

**To cook the farro:** In a medium saucepan, stir together stock and farro, and cook according to package instructions until al dente. Remove from heat, and drain in colander. Let farro cool for at least 10 minutes.

**To cook the quinoa:** In a medium saucepan, combine the rinsed quinoa and the water. Bring the mixture to a boil over medium-high heat, cover, and remove from heat. Let quinoa sit, covered, for 10 minutes. Fluff with a fork. Set aside to cool.



**For the dressing:** In a small bowl, whisk together all ingredients until combined.

Transfer cooked grains to a large mixing bowl, and add in remaining salad ingredients, including the dressing. Toss until combined. Serve immediately, or cover and refrigerate for up to 2 days.

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