

# Farro Fennel Salad



Michigan Restaurant & Lodging Association  
EDUCATIONAL FOUNDATION

# MRLAEF

## Ingredients

1 cup farro

4 tbsp lemon juice  
1 tsp honey  
2 tbsp minced shallot  
1/4 tsp salt  
1/8 tsp pepper  
1/4 cup extra virgin olive oil

1 head fennel washed and thinly sliced.  
1/3 cup fennel fronds- coarsely chopped  
1/2 cup lemon basil leaves  
1/2 head radicchio washed and coarsely chopped.

## Directions

In a medium saucepan, cover farro with 4 inches of water and bring to a boil. Reduce heat and simmer until tender 12-15 minutes. Drain and let cool.

In a bowl whisk together the lemon juice, honey, shallot, salt and pepper. Slowly add the oil, whisking constantly. Add the fennel and toss.

When ready to serve add the farro, lemon basil, fronds and radicchio, toss

Alternatively- grill the fennel, fabulous! Use lemon balm, basil or mint in place of lemon basil. Replace radicchio with lettuce, savoy cabbage or bok choy

## Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

## Servings 8

98

6.7g

1g

0mg

55mg

8.8g

2g

1.6g