

farro salad

1 c. farro or wheat berries	Black pepper
2 c. water	1–2 crisp apples (Gala or Fuji are good options)
Kosher salt	1 bunch kale
1 lemon	½ c. dried cranberries
¼ c. vegetable oil	1 c. spiced pecans



Recipes excerpted from *Breakfast: Recipes to Wake Up For* by George Weld and Evan Hanczor (Rizzoli, 2015).

(Fold along the line)

1. Wash the farro or wheat berries in a sieve before adding to a 4–6-quart pot with 2 cups of water and a pinch of salt. Bring to a boil, stir, and reduce heat to a simmer. Cook covered until water is absorbed and the farro is swollen and tender, 45–50 minutes. Remove from heat, and spread onto a sheet pan to cool.
2. Cut the lemon, and squeeze the lemon juice into a small bowl, removing any seeds. Slowly whisk in the vegetable oil until you've got a viscous and balanced dressing. Season with salt and pepper.
3. Wash and dice the apples.
4. Wash and trim the kale, cutting out the thick parts of the spine. Stack the leaves on top of one another, and cut into thin ribbons. (You'll be eating them raw, so you want to cut them into pieces you'd be happy eating).
5. In a large bowl, combine the cooled farro, the kale, the diced apples, and the cranberries. Stir well to combine, and add dressing so that it's well distributed throughout the salad. Finally, add the pecans, and stir to mix in well. Taste for seasoning, adjust if necessary, and serve.