

Bob's Red Mill Viral Farro Salad

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/bob-s-red-mill-brazilian-cheese-bread-recipe>

Ingredients:

- 2 cups farro cooked
- 389 milliliters chickpeas
- 1 cup cucumber diced
- 1 Granny Smith apple diced
- 1 medium shallot diced
- 1/4 cup red onion diced
- 1/2 cup Parmesan cheese grated
- 1/4 cup pistachios
- 3 tablespoons Dijon mustard
- 3 tablespoons honey
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 lemon
- 2 teaspoons garlic powder
- 1 1/2 teaspoons salt
- 1 teaspoon cracked black pepper
- 1/2 cup fresh basil chopped
- 1/4 cup fresh parsley chopped
- 1/4 cup fresh mint chopped

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 98 grams
3. Cholesterol: 5 milligrams
4. Fat: 17 grams
5. Fiber: 15 grams
6. Protein: 19 grams

7. SaturatedFat: 3 grams
 8. Sodium: 1040 milligrams
 9. Sugar: 16 grams
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