

Greek Farro and Chickpea Salad with Herbed Yogurt

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-farro-recipe>

Ingredients:

- 1 cup farro rinsed
- 1 tablespoon olive oil
- 2 garlic cloves pressed or minced
- 1/2 teaspoon fine grain sea salt
- 1 1/4 cups plain Greek yogurt
- 1 1/2 tablespoons fresh mint lightly packed, torn into pieces
- 1 1/2 tablespoons fresh dill lightly packed, roughly chopped
- 1 tablespoon olive oil
- 1 tablespoon lemon juice about 1/2 lemon
- 1/8 teaspoon salt
- 5 ounces mixed greens
- 1 pint cherry tomatoes sliced into rounds
- 1 cucumber sliced into thin rounds
- 1/2 small red onion chopped and then rinsed under water to mellow the flavor
- 15 pitted kalamata olives sliced into rounds
- 2 cups cooked chickpeas or one 14-ounce can, rinsed and drained
- 1 avocado sliced into strips
- lemon wedges

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 10 milligrams
4. Fat: 19 grams
5. Fiber: 16 grams
6. Protein: 15 grams
7. SaturatedFat: 3.5 grams

8. Sodium: 730 milligrams

9. Sugar: 9 grams

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