

# Greek Grain Salad

Yield: 4 min  
Total Time: 10 min

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

## Ingredients:

- 3 cups farro cooked and cooled
- 1 cup cherry tomatoes cut in half
- 1 cucumber small, peeled and diced
- 1 tablespoon capers
- 1/2 cup feta cheese crumbled
- 1 lemon
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon dried oregano
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 118 grams
3. Cholesterol: 15 milligrams
4. Fat: 14 grams
5. Fiber: 20 grams
6. Protein: 20 grams
7. SaturatedFat: 4 grams
8. Sodium: 580 milligrams
9. Sugar: 3 grams

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