



# Farro and Cauliflower Recipe

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### INGREDIENTS:

#### Roasted Cauliflower

- 1 large head cauliflower (about 2 pounds), cut into bite-sized florets
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon red pepper flakes (scale back or omit if sensitive to spice)
- 1 teaspoon salt

#### Farro

- 1 cup uncooked farro, rinsed
- 2 teaspoons extra-virgin olive oil
- 3 cloves garlic, pressed or minced
- 1/4 teaspoon salt

#### Everything else

- 3/4 cup pitted Kalamata olives, rinsed, half sliced into small rounds and the rest halved lengthwise
- 1/4 cup oil-packed sun-dried tomatoes, rinsed and roughly chopped
- 3/4 cup crumbled feta (generous 2 ounces)
- 2 tablespoon lemon juice (about 1 lemon), plus more for serving
- Freshly ground black pepper, to taste
- 1 large avocado, sliced into thin strips
- 5 handfuls leafy greens (spring greens, spinach, arugula or baby kale are all good choices)



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## **DIRECTIONS:**

### **Roast the cauliflower:**

Preheat the oven to 425 degrees Fahrenheit.

Toss the cauliflower florets with the olive oil, red pepper flakes, salt and arrange it evenly across a baking pan.

Roast for 20 – 30 minutes, tossing mid way so that all the sides get browned evenly and cooked so that the cauliflower is tender and lightly golden on the edges.

### **Cook the farro:**

In a medium saucepan, combine the rinsed farro with at least four cups water (enough water to cover the farro by a couple of inches).

Bring the water to a boil, then reduce the heat to an easy simmer... cook until the farro is tender to the bite but still slightly chewy. (Pearled farro will take around 15 minutes; unprocessed farro will take 25 to 40 minutes.)

Drain off the excess water and mix in the olive oil, garlic and salt.

Set aside.

In a large serving bowl, toss together the roasted cauliflower, cooked farro, olives, sun-dried tomatoes, feta and lemon juice.

Taste and season with additional salt and pepper if necessary.

Divide the avocado and greens between four dinner plates.

Top with a generous amount of the cauliflower and farro salad.

Finish the plates with an extra squeeze of lemon juice or drizzle of olive oil, if desired.

Serve promptly.

Serves 4 – 6 people