

Blueberry Farro Salad

Look for farro, also called wheat berries, next to the grains and rice at the supermarket. It can also be found in the bulk bins at larger supermarkets.



- 1 cup farro (wheat berries)
- 2 cups blueberries
- 1 cup diced celery
- 5 green onions, chopped
- $\frac{1}{2}$ cup diced red onion
- 1 cup diced red bell pepper
- $\frac{1}{2}$ cup sunflower seeds, toasted
- $\frac{1}{4}$ cup cider vinegar
- $\frac{1}{4}$ cup canola oil
- 2 teaspoons cumin
- 1 tablespoon coriander
- 1 tablespoon maple syrup
- $\frac{1}{2}$ teaspoon salt
- Freshly ground black pepper

1. Rinse farro and put into a pot with 4 cups of water. Bring to a boil, reduce heat and simmer until soft, about 40 minutes. Drain and rinse with cold water.
2. Combine blueberries, celery, green onions, onion, pepper and sunflower seeds in a large bowl. Add farro.
3. Combine vinegar, oil, cumin, coriander and maple syrup in a small bowl; whisk until combined. Drizzle over farro mixture. Toss gently. Add salt and pepper and toss again. Serves 6.

Recipe courtesy of Tom Rocket, Green Fields Market, Greenfield, Mass.

Per serving: 310 calories, 17g fat, 0mg chol., 7g prot., 38g carbs., 9g sugars, 8g fiber, 211mg sodium.

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