

Grilled Vegetable and Farro Salad

Serves 6

An actual grill, be it charcoal or gas, works best for grilling vegetables. However if it's raining or hot (as it was around noon on the day I was testing this recipe) a grill pan is a fine substitute for the real thing.

1 cup Italian pearled farro, rinsed
4 cups water
1 red bell pepper, stem, seeds, and veins removed, left in large pieces
1 large zucchini, cut into 1/2-inch wedges
1 large yellow summer squash, cut into 1/2-inch wedges
1 medium red onion, cut crosswise into 1/2-inch thick rings
5 tablespoons extra virgin olive oil, divided
Salt, to taste
Freshly ground black pepper, to taste
1 packed cup of roughly torn fresh basil
1/2 cup grated parmesan cheese
1 large garlic clove, minced
Juice from 1 lemon

Add the water to a medium saucepan and salt it generously. Bring the water to a boil. Add the farro and reduce the heat to a strong simmer. Simmer for 15 minutes. Drain the farro in a strainer.

Meanwhile, heat a grill or grill pan over medium-high heat until very hot. Toss the red bell pepper, zucchini, yellow summer squash, and red onion in a large bowl with 1 tablespoon of olive oil. Season the vegetables to taste with salt and freshly ground black pepper.

Working in batches as needed, grill the vegetables until just tender. Remove the grilled vegetables from the grill and set aside to cool. Once cool, roughly chop the vegetables and add them to a large serving bowl with the drained farro and toss to combine.

Combine the basil, Parmesan cheese, minced garlic, and remaining 4 tablespoons of olive oil in a blender or small food processor. Pulse until thick and paste-like. The mixture does not have to be completely pureed like a pesto, but all the ingredients should be incorporated and the mixture should resemble a thick dressing. Pour the basil-oil over the farro and grilled vegetables and toss to combine. Add lemon juice to taste and season with salt and freshly ground black pepper. Serve warm or at room temperature.

This recipe came from *Minced* at www.mincedblog.com.