

chicory chopped salad

SERVES: 1 TIME: 40 MIN; 5 MINUTES WITH PRE-COOKED FARRO

The bitter greens and seasonal persimmons in this salad provide a lovely balance of bitter and sweet.

Ingredients

¼ cup farro (¾ cup cooked)
½ cup radicchio, chopped
½ cup endive, chopped
½ cup tomatoes, chopped
¼ cup persian cucumbers, chopped
½ small persimmon, sliced
1 oz feta cheese, crumbled
1 Tbsp sunflower seeds
Juice from 1/4 to 1/2 lemon
1 tsp extra virgin olive oil
Kosher salt
Fresh cracked black pepper

Instructions

1. Cook farro according to package directions; rinse with cold water.
2. In a mixing bowl, combine radicchio, endive, tomatoes, and cucumbers. Dress with lemon juice and olive oil; gently toss until evenly coated and season to taste with salt and pepper.
3. Plate the salad and top with farro, feta cheese, persimmon slices, and sunflower seeds.

NOTES:

Feel free to top the salad with some lemon zest for that enhanced smell-taste experience.