

Cider Braised Farro and Brussel Sprout Salad



SIZE

For 4

PREPARATION

40 min

DIFFICULTY



Level 1



Your go-to sweater-weather grain bowl. If farro isn't your thing, try brown rice, quinoa, or toasted pearl couscous instead. Plumping the raisins in apple cider brings makes them juicy and sweet.

Ingredients

- 1 1/2** Cups uncooked farro
- 1 1/4** Cups apple cider, divided
- 1** lb. sweet potato, chopped into 1-inch pieces
- 1** small head cauliflower, cut into 1-inch florets
- 1** T olive oil
- kosher salt & pepper
- 1/2** C sliced almonds
- 1/2** C yellow raisins
- 2** C shredded raw Brussels sprouts

1/2 C not just salad dressing,
plus more to serve

Process

1

Preheat the oven to 450 degrees and place the rack in the lower middle position, and line a sheet tray with foil.

2

In a medium saucepan combine the farro, 2 cups water, and 1 cup apple cider and bring to a boil over medium-high heat. Reduce heat to medium-low, and simmer for about 30 minutes until tender. Drain and set aside. .

3

Meanwhile, place the sweet potato and cauliflower on the prepared tray, drizzle with the oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Roast for about 20-25 minutes until golden brown and charred in spots.

4

Place the raisins in a microwave safe bowl with the remaining apple cider and microwave on high, covered, for 90 seconds, stirring halfway through.

5

In a large bowl, add the farro and top with the brussel sprouts, sweet potato, cauliflower, almonds, raisins, and not just salad dressing. Season with salt and pepper and toss to coat.