

•Virtual Cooking Class Materials•

Rainbow Farro Salad

Thanks so much for signing up for my virtual cooking class with your library! This PDF contains everything you need to get prepared for us to cook together!

•**PRO TIP: print out the recipe cards to keep them handy during class!**•

Please read through the **recipe cards** (page 2 of this PDF) in advance and **have all of your cookware/tools and ingredients out and ready to go** when class starts if you're cooking along with me.

Note that there are **a few different types of farro** on the market. Some take longer to cook than others. If you're able to find the **quick cooking** kind (Trader Joe's sells a 10-minute variety), opt for that. But don't worry - **we'll work with whatever you have on hand!**

Since we're "eating the rainbow" feel free to include any other **colorful veggies** that you enjoy eating raw or quickly cooked - bell peppers, edamame, etc.

In addition to the ingredients, here's a list of the cookware/tools you'll need:

- Microwave
- Stovetop
- Large saucepan
- Colander or mesh strainer
- Cutting board
- Chef's knife
- Measuring cups and spoons
- Large bowl
- Microplane or grater (optional)
- Whisk or fork
- Large spoon or salad tongs for serving



If you have any questions, comments, or concerns, feel free to email me at bigflavorstinykitchen@gmail.com.

See you in the kitchen!

-Ashley Covelli

P.S. If you're still craving more, you can [click here to sign up for Extra Helping](#), my **free newsletter**. You'll get delicious recipes, cooking tips, and exclusive content delivered **straight to your inbox** once a week!

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Rainbow Farro Salad with Avocado and Feta



Recipe from [Big Flavors from a Tiny Kitchen](#)

Category: Salad

Makes: 6 servings

Prep Time: 15 Minutes

Cook Time: 15 Minutes (varies based on farro)

Total Time: 30 Minutes

Shopping online? Visit [the Big Flavors Amazon shop page](#) to stock up on ingredients and kitchen tools!

Ingredients

1 cup uncooked farro (preferably a quick-cooking variety - see page 1)
1 ear corn (preferably with the husk still on)
4 teaspoons extra-virgin olive oil
1/4 teaspoon fresh grated lime zest
1 tablespoon fresh lime juice
1 tablespoon white wine vinegar
3/4 teaspoon kosher salt

1/2 teaspoon freshly cracked black pepper
1 pint grape or cherry tomatoes, halved (preferably multi-colored, about 2 cups total)
1 medium English cucumber, diced (about 2 cups)
1/4 cup thinly sliced red onion
1/4 cup fresh cilantro leaves
3 avocados, pitted, peeled, and diced
1/3 cup crumbled feta cheese (optional)

Instructions

1. Boil farro according to package instructions. Strain and rinse with cold water; drain well.
2. While the farro is cooking, place the corn (leaving it in the husk if it's in one) in the microwave and cook on high power for 2 minutes. Remove and set aside until cool enough to handle, then cut the kernels off of the cob.
3. Meanwhile, in a large bowl, whisk together olive oil, lime zest, lime juice, vinegar, salt, and pepper. Add drained farro, corn, tomatoes, cucumber, red onion, and cilantro. Toss gently to coat.
4. Serve farro salad topped with avocado and feta, if desired.

Tips:

- Since we're "eating the rainbow" feel free to include any other colorful veggies that you enjoy eating raw or quickly cooked - bell peppers, edamame, etc. You can also add your favorite chilled, cooked protein - chicken, shrimp, chickpeas, shrimp, salmon, canned tuna, etc. to the top if you want a little extra oomph.
- If making the salad in advance, wait until right before serving to add the avocado and feta.
- To keep this vegan, simply omit the feta or use a vegan substitute.

Recipe from Ashley Covelli at
Big Flavors from a Tiny Kitchen



Get more recipes online at:
bigflavorstinykitchen.com