

Kale and Farro Salad with Roasted Red Peppers

Ingredients:

2 tablespoons extra virgin olive oil
¼ cup chopped shallots
1 bunch Lacinto kale stems removed and finely chopped
¼ cup vegetable stock
½ cup chopped roasted red pepper
2 cups cooked farro

Dressing:

¼ cup extra virgin olive oil
Zest of 1 lemon
Juice of 1 lemon
1 teaspoon Apple Cider Vinegar
¾ teaspoon kosher salt
¼ teaspoon ground black pepper

1. Heat olive oil in a medium skillet over medium-high heat. Add the shallot and cook until fragrant and slightly soft, about 2-3 minutes. Add the kale. Cook for one minute, stirring often. Add the stock. Cook for 30 seconds and then stir in roasted peppers 1 minute more. Transfer the contents of the skillet to a large bowl. Allow to rest 5 minutes. Add the farro. Mix gently until just combined.
2. Make the dressing by combining all dressing ingredients in small bowl with whisk or shake to combine in mason jar.
3. Drizzle with dressing over salad and toss gently to combine.
4. Salad may be served warm or refrigerated for later use.

** To save time use store bought roasted red peppers and pour off oil used for packing.

If using whole fresh red pepper roast on right heat at 400 degrees for 20 minutes. Remove from oven and cover with clean kitchen towel to allow pepper to “sweat” for 5-10 minutes. This allows for easier removal of the skin. Once pepper had rested gently pull skin away from flesh, discarding seeds. Tear pepper into thin ¼ inch strips.