



Southwest Farro Salad

For the salad:

2 c cooked farro, chilled
15 oz. can black beans (low sodium), drained and rinsed
1 mango diced
1 tomato diced
1/4 c cilantro, chopped
1 avocado, diced
Salt and pepper to taste

For the vinaigrette:

Zest of 1 lime
Juice of 1 lime
1/4 c chipotle olive oil
1 t cumin
Salt to taste

Mix together all the salad ingredients from the chilled farro through the salt and pepper. Next whisk together the ingredients for the vinaigrette from the zest through the salt. Drizzle the vinaigrette over the salad and toss to combine. Serve alongside chicken or fish.