

Side

Grain Salad with Arugula & Ginger Turmeric Dressing

20-25 Mins
Prep Time

40 Mins
Cook Time

8
Servings

607 Calories **38g Fat** **54g Carbs** **12g Protein**



Ingredients

8 Servings • **½ Cup** Serving Size

60 Mins Total Time

Allergens: Gluten, Dairy, Nuts, FODMAPs

Salad	
1 package (17 oz.) Farro	½ Cup Dried Cherries
1 Cup Roasted, Slivered Almonds	¼ Cup Goat Cheese, pasteurized (optional)
3 Cups Arugula, rinsed	
Dressing	
¾ Cup Golden Balsamic Vinegar	1 Tsp Garlic Powder
2 Tbsp Fresh Ginger, peeled	1 Tsp Salt
2 Tbsp Fresh Turmeric, grated	½ Tsp Pepper
3 Tbsp Whole Grain Mustard	
1 Cup Extra Virgin Olive Oil	

Allergen Swap

Gluten Brown Rice	FODMAPs Swap farro for a gluten-free grain such as brown rice; omit dried cherries; omit garlic powder.
Dairy Omit Goat Cheese	
Nuts Sunflower Seeds	

Nourishment Note!



Farro

Farro is a whole grain that contains both plant-based protein and fiber. The fiber content can help to relieve constipation and the protein can help build new and healthy cells.



Arugula

Arugula is a leafy green vegetable that contains vitamin K to help with bone and heart health. It also contains important insoluble fiber to help relieve constipation.



Ginger

Ginger is a powerful antioxidant that has been shown to reduce nausea.



Turmeric

Turmeric contains high amounts of antioxidants and has been known to fight inflammation.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Preheat Oven

Preheat oven to 375°F.

3. Prepare Farro

Prepare farro according to package instructions. Once cooked, drain the water and spread evenly on a cookie sheet. Place in the fridge to cool.

4. Toast Almonds

While the farro is cooking, place the slivered almonds on an aluminum foil lined cookie sheet and toast in the oven for 6-8 minutes, or until golden brown in color.

5. Prepare Salad Dressing

Combine all ingredients, except the olive oil into a blender. Puree on high until smooth. Pour contents into a bowl using a mesh strainer to collect any large pieces of ginger or turmeric. Slowly whisk the olive oil into the mixture. Set aside.

6. Combine Ingredients

In a large mixing bowl combine the cooled farro, toasted almonds, arugula, dried cherries, and goat cheese.

7. Mix Contents

Using tongs, mix contents until evenly combined.

8. Refrigerate Salad

Refrigerate salad within 2 hours. Salad will keep in the fridge for up to 2 days.

9. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cups



Measuring Spoons



Blender



Strainer



Whisk



Small & Large Mixing Bowls



Large Pot



2 Cookie Sheets



Aluminum Foil



Tongs

RA Cooking Tips

Ginger & Turmeric: Fresh ginger and turmeric can be substituted for dried versions to omit the use of a blender. Use 1 Tbsp of each instead of the above 2 Tbsp.

Dressing: To limit the use of hands when preparing the dressing, swap out the whisk and mixing bowl for an immersion blender. Be sure to use a tall bowl to blend together the ingredients to avoid splatters.