

# Strawberry, Spinach & Farro Salad

8 ingredients · 40 minutes · 4 servings



## Directions

1. Cook the farro according to package directions and set aside to let cool slightly.
2. In a blender or food processor, add half the strawberries, balsamic vinegar, water, maple syrup, salt, and pepper and blend until smooth.
3. Slice the remaining strawberries.
4. Add the spinach, onion, and sliced strawberries to a large salad bowl. Add the cooked farro to the salad bowl. Drizzle the dressing on top and toss to combine. Serve and enjoy!

## Notes

### Leftovers

This is best stored with the dressing separate from the salad. Refrigerate both in an airtight container for up to three days.

### Gluten-Free

Use quinoa instead of farro.

## Ingredients

- 1 cup Farro (rinsed)
- 1 cup Strawberries (divided)
- 1 1/2 tbsps Balsamic Vinegar
- 3 tbsps Water
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 8 cups Baby Spinach
- 1/4 cup Red Onion (thinly sliced)

## Nutrition

Amount per serving

<b>Calories</b>	211	<b>Monounsaturated</b>	0g
<b>Fat</b>	1g	<b>Carbs</b>	41g
Saturated	0g	Fiber	5g
Trans	0g	Sugar	6g
Polyunsaturated	0g	<b>Protein</b>	9g