

## Roasted Broccoli and Farro Salad with Feta

<http://userealbutter.com/2014/10/19/roasted-broccoli-farro-feta-salad-recipe/>  
from *Fine Cooking*

3/4 cup farro (pearled or whole grain)  
1 lb. broccoli  
3 tbsps olive oil  
salt  
black pepper, freshly ground  
1/2 cup feta, crumbled  
2 green onions, thinly sliced (use 1 if you don't like strong onion)  
pinch crushed red pepper flakes  
2 tbsps fresh flat-leaf parsley, coarsely chopped  
1 tbsp red wine vinegar

Preheat oven to 400°F. Bring 2 quarts of salted water to a boil. Boil the farro until tender – about 20-30 minutes for pearled and 45-60 minutes for whole grain. Drain the farro and transfer it to a large bowl. While the farro boils, break down the broccoli into bite-size florets. Don't throw the stalks away! Peel the thick outer skin away and then slice the stalks lengthwise, then slice into 1/4-inch pieces. Toss the broccoli with 2 tablespoons of olive oil, and the salt and pepper to taste. Spread the broccoli out on a foil-lined baking sheet and roast for 20 minutes or until the pieces are tender and browned at the edges. Add the broccoli, feta, green onions, red pepper flakes, and parsley to the farro in the mixing bowl. Sprinkle with red wine vinegar and 1 tablespoon of olive oil. Toss everything together. Season with salt to taste. Serve warm or at room temperature. Makes 5 cups. Serves 4.