



RECIPE | CUCUMBERS

CUCUMBER FARRO SALAD



15 min
PREP.



4



easy

15 min

0 min
COOKING

INGREDIENTS

Recipe created by Laura Ashley Johnson

For the salad:

1 lb Pure Flavor® Mini Cucumbers, scored & sliced in 1/4" discs
14 oz Pure Flavor® Luna® Sweet Cocktail Tomatoes, quartered
5 oz baby arugula
2 cups cooked farro, cooled
1/2 cup kalamata olives, halved
1/4 cup diced red onion
crumbled cheese (goat, sheep, feta), for garnish
marcona almonds, for garnish

For the dressing

1/4 cup olive oil
1/4 cup thinly sliced fresh basil
2 tbsp lemon juice
2 tbsp water
2 tbsp honey Dijon mustard
1 tbsp red wine vinegar
1 garlic clove, minced
1/4 tsp salt
1/4 tsp black pepper



DIRECTIONS

- 1 In a salad bowl, combine cucumbers, tomatoes, arugula, farro, olives, and red onion.
- 2 Place all the dressing ingredients in a blender or jar with a tight-fitting lid, and blend or shake until well emulsified.
- 3 Pour the dressing over the salad just before serving and toss gently to coat. Garnish with cheese and almonds. Serve chilled.