

### Cold Farro Salad



Hearty farro tossed with a mix of oven roasted carrots, shallots and crimini mushrooms along with chopped radicchio for a little crunch. Topped with fresh thyme, parsley and a squeeze of lemon juice.

Yield	1-1/4 cup
Serves	1
Preparation time	2 minutes

#### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	oz	1 cup		Farro with Roasted Mirepoix Flavor Concentrate - prepared	(see separate recipe)
1.25	oz	1/4 cup		Roasted Carrots - prepared	(see separate recipe)
1	oz	1/4 cup		Shallot	sliced, roasted
1/2	oz	1/4 cup		Shiitake mushroom, dried	roasted
1/2	oz	1/4 cup		Crimini mushroom	roasted
1/4	oz	1/4 cup		Lettuce	chopped
1	tbsp			Parsley, fresh	chopped
1	tsp			Thyme, fresh	chopped
1/2	fl oz	1 tbsp		Olive oil	
1	tsp			<u>Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.</u>	
1/4	tsp			Lime juice, fresh	

#### Preparation Steps

1. Add Farro (or guest's selections of chilled grains) to a bowl.
2. Combine Roasted Carrots, shallots, mushrooms, radicchio, parsley and thyme (or guest's selections of vegetables, herbs, fruits and proteins) with grains.
3. Dress with oil, Roasted Mirepoix Flavor Concentrate and lemon juice (or guest's selection of Minor's enhanced dressings, oils, and/or vinegars).

#### Chef's tip

Use the Minor's Signature Dressings Matrix tool to create premium, house-made dressings in minutes.

#### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	296.6
Energy (Kj)	1263.6
Protein (g)	6.1
Carbohydrate, total (g)	36.6
Fats, total (g)	15
Fats, saturated (g)	2.1
Fiber, total dietary (g)	4.8
Sodium (mg)	155.6
Calcium (mg)	39.3
Cholesterol (mg)	0
Iron (mg)	1.9
Fats, monounsaturated (g)	10.7
Fats, polyunsaturated (g)	1.7
Vitamin A (µg_RAE)	366.7
Vitamin C (mg)	9.6

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.