

# Summer Blueberry Peach Salad

## INGREDIENTS

- 1 cup farro, rinsed
- 3 cups water
- 1/4 teaspoon salt
- 1 1/2 cups corn kernels (from 2 ears of corn or frozen and thawed)
- 1 cup grape or cherry tomatoes, halved
- 2-3 cups greens of your choice
- 2 large peaches, pitted and sliced
- 1/2 cup chopped cucumber
- 1/2 cup chopped red onion
- 1 avocado, chopped
- 1/2 cup chopped fresh basil
- 1/2 cup crumbled feta cheese

### For the Dressing

- 1/4 cup olive oil
- Juice of one lemon
- 2 tablespoons red OR white wine vinegar
- 1 teaspoon Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoon honey
- Kosher salt and black pepper, to taste

## DIRECTIONS

1. In a medium saucepan, add the farro, water, and salt. Bring to a boil, then reduce heat to low and simmer, covered, for 30 minutes or until the farro is tender. Drain any excess water and let the farro cool.
2. In a large bowl, combine the cooked farro, corn, tomatoes, cucumber, greens, peach red onion, avocado, basil, and feta cheese.
3. In a small bowl or jar, whisk together the olive oil, red wine vinegar, Dijon mustard, garlic, honey, salt, and pepper.
4. Pour the dressing over the salad and toss to combine. If you are not eating this immediately, wait to add the dressing.
5. Enjoy!