



Fantastic Farro Fruit Bowls

Serves 4

Ingredients

- 1 cup farro
- 2 Tbsp Italian parsley leaves, chopped
- About 1 ½ cups arugula, roughly chopped
- ¼ cup diced marinated red onion (see [link](#))
- 2 Tbsp extra virgin olive oil
- 1 ½ Tbsp lemon juice (fresh)
- ⅛ tsp salt
- A few grinds of fresh ground black pepper
- 3 oz chopped feta cheese
- 1 cup rainier or other fresh cherries - pitted and cut into 4 pieces
- ¾ cups walnuts, lightly toasted

Instructions

To cook the farro - rinse and make this in your Instapot or Pressure Cooker with three cups of water with a teaspoon of salt and a dash of oil for 12 minutes after it reaches pressure. Release the steam, remove the farro, drain and refrigerate until cooled off. Or you can make the farro stovetop according to the package directions.

Once the farro is cooled, reserve half for this recipe and save the remaining half for another time.

Meanwhile - roast your walnuts. I bake mine in a 350 degree oven until barely brown and fragrant, about five minutes. Cool to room temperature and chop into ¼ inch pieces.

Whisk together olive oil, lemon juice, salt and pepper.

Combine one half of the cooled farro, arugula, chopped onion, parsley and the lemon juice dressing

Find four clean 1 ½ cup wide mouth jars or containers. First divide the farro mixture into fourths and put ¼ in the bottom of each jar. Next add the feta cheese, ¼ of the total to each jar.

Follow with cherries in each jar, and top each jar with ¼ of the toasted walnuts.

Put lids on these jars and refrigerate for up to three days. When ready to eat, stir well to combine and enjoy the saltiness, the sweetness, the crunch and the chew. Add more olive oil or lemon juice to taste.