Beet, Mandarin & Farro Salad

I found this recipe on the Eating Well website. They are a great resource for plant-based recipes. I used pre-packaged beets and still gave this recipe 5 stars, but I am sure freshly roasted beets will make it a homerun.

Ingredients

2 pounds small beets, trimmed

1 ¼ cups water

½ cup semi-pearled farro

2 tablespoons red-wine vinegar

½ medium shallot, finely chopped

1 ½ teaspoons honey

¾ teaspoon Dijon mustard

¾ teaspoon fresh thyme leaves

¼ teaspoon salt

6 tablespoons extra-virgin olive oil

2 cups baby arugula

½ cup rinsed no-salt-added canned chickpeas

3 tablespoons chopped fresh parsley

3 mandarin oranges, segmented

¼ cup crumbled feta cheese

Directions

Preheat oven to 400°F.

Place a large piece of foil on a rimmed baking sheet; place beets in the center of the foil. Gather the sides of the foil up to make a packet. Roast until the beets are very tender when pierced with a knife, 1 to 1 1/4 hours. When cool enough to handle, slip the skins off the beets. (Alternatively, use 1 1/2 pounds cooked, peeled beets.) Cut into 1-inch wedges.

Meanwhile, combine water and farro in a small saucepan. Bring to a simmer and cook, covered, until the farro is tender and most of the water is absorbed, 25 to 35 minutes. Drain off excess water, if necessary. Spread the farro on a plate and let cool, about 5 minutes.

Combine vinegar, shallot, honey, mustard, thyme and salt in a large bowl. Gradually whisk in oil. Add arugula, chickpeas, parsley and the roasted beets and cooled farro and toss to coat. Serve topped with mandarin segments and feta.

To make ahead

Refrigerate cooked beets, farro and dressing separately for up to 2 days.

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