



Ingredients

- ✓ 1 cup farro grain
- ✓ 2 medium cucumbers (about 1-1/4 lbs.)
- ✓ 3/4 cup watermelon radish or purple daikon
- ✓ 1/4 cup red onion (chopped)
- ✓ 3 Tbsp. fresh spearmint (chopped)
- ✓ 3 Tbsp. fresh lemon juice
- ✓ 1 Tbsp. apple cider vinegar
- ✓ 1 Tbsp. maple syrup
- ✓ 2 tsp. garlic (two cloves, finely chopped)
- ✓ 1/4 cup extra virgin olive oil
- ✓ 1/2 teaspoon salt or more to taste
- ✓ Black pepper (to taste)

Notes:

- The watermelon radish should be peeled and julienned.
- You can substitute any natural sweetener in place of maple syrup.

Preparation

Fill a large saucepan with water and add salt, if desired. Bring to a boil over high heat and add farro. Cook 18-20 minutes or until farro is tender. Drain and set aside to cool.

Meanwhile, peel and seed cucumber and cut into thin slices or dice. Put in a medium mixing bowl with radish, onion, spearmint and cooled farro and toss to mix.

In a small bowl whisk together lemon juice, cider vinegar, maple syrup, garlic, salt and pepper. Add olive oil and whisk again. Add to cucumber mixture and mix well. Taste for seasoning and serve.