

FARRO SALAD WIT GRILLED EGGPLANT, TOMATOES AND ONION

Preparation: 1 hour | Cooking: 15 mins. | Servings: 4

INGREDIENTS

3 Japanese (baby) eggplants, halved
1 small red onion, peeled, halved and thickly sliced
1 small shallot, finely chopped
1/2 pint grape tomatoes, washed and sliced in half
1 1/2 cups farro
1/2 cup chopped fresh dill, plus more for garnish
1/2 cup olive oil, plus more for brushing
1/4 cup sherry vinegar or balsamic vinegar
2 tsp. Dijon mustard
1/3 tsp. Kosher salt
1/4 tsp. freshly ground black pepper



INSTRUCTIONS

Cook farro in a large pot of boiling salted water until just tender, about 15 minutes. Drain well, and place in a large bowl. Heat grill to high. While the farro is cooking, brush the eggplants and onion slices with oil, and season with salt and pepper. Grill for 3 to 4 minutes on each side or until just cooked through. Remove from the grill, and cut into 1-inch dice. Add the eggplant and onions to the farro along with the tomatoes and 1/4 cup dill. Pour Sherry Vinegar over the farro mixture and stir to combine. Garnish with additional dill. Best served at room temperature.

Sherry Vinaigrette:

Whisk together the shallot, vinegar, mustard, salt, pepper, and 1/4 cup dill in a small bowl. Slowly whisk in the oil until emulsified.