**FARRO CAPRESE SALAD**

Prep Time 10 Minutes

Cook Time 30 Minutes

INGREDIENTS

3 cups of water

1 cup whole farro rinsed

¼ teaspoon kosher salt

1 cup balsamic vinegar

2 tablespoons honey

1 ½ cups tomatoes cut in half (9 ounces)

1 ½ cups arugula

1 tablespoon chopped basil plus more for garnish

Extra-virgin olive oil for drizzling

Black pepper for seasoning

INSTRUCTIONS

1. Add 3 cups water, rinsed farro, and salt to a medium saucepan.
2. Bring to a boil, and then reduce the heat to medium low.
3. Cook until farro is tender, about 30 minutes.
4. Drain the water from the farro and transfer to a large plate, place in the refrigerator to chill.
5. Add balsamic vinegar and honey to a small saucepan, stir to combine. Bring to a boil and then reduce to heat to medium-low heat. Reduce the sauce to about ½ cup and has a maple syrup consistency when cooled about 15 to 18 minutes. Allow to cool slightly; it will thicken more.
6. In a large bowl, combine the cooled farro, cut tomatoes, arugula, and chopped basil.
7. Drizzle the salad with olive oil and balsamic vinegar reduction — season with salt and pepper to taste garnish with more basil leaves if desired.