



## **TIMELESS FARMER LENTIL FARRO SALAD WITH A CITRUSY**

### **COWGIRL VINAIGRETTE**

**SUBMITTED BY: KALEENA MILLER**

#### **Ingredients:**

(This recipe is from Claudia's Mesa: <https://www.claudiasmesa.com/single-post/2017/07/04/Back-at-the-ranch-with-THE-LENTIL-UNDERGROUND>)

Serves 25-30 picnic/concert goers

Ingredients

For the Veggies

2.5 lbs of yams or butternut squash, peeled and cut 1/2"x1/2"

1.5 lbs of broccoli florets

2 TBSP dried tarragon

1/4 cup Olive Oil

2 TBSP 6-C Spice Rub (\* See recipe below)

2 large red peppers, cubed

2 cups dried cranberries

1 cup of scallions, chopped  
4 beets, grated for garnish  
1 lb Feta, crumbled, for garnish

For the 6-C Spice Rub

1 TBSP ground cumin  
1 TBSP Madras curry  
1 TBSP cinnamon  
1 TBSP ground dark chocolate  
1 TBSP NW Hatch chili powder  
1 TBSP dried cilantro  
2 TBSP Sea Salt

For the Lentils

2 TBSP Olive Oil  
6 cups of Beluga Lentils  
12 cup of water  
1 red onion, chopped  
2 garlic cloves, mashed  
2 TBSP Cowgirl Seasonings or blend 1 TBSP each tarragon, dill, basil, orange peel, dried mustard, sesame seeds and use 2 TBSP of mixture, save the rest for making salad dressing below

2 TPSP Sea Salt

6 cups of Farro

For the greens

2 lbs Baby Spinach

2 lbs Baby Kale

1 cup olive oil

1/2 cup white balsamic vinegar

2 TBSP Cowgirl Dressing or your mix

1/3 cup organic orange jam

2 teaspoons sea salt

### **Instructions:**

Directions

1. Heat oven to 375. Place yams and/or butternut squash in a bowl. Mix in the spice rub with half the olive oil. Stir to blend.
2. In a separate bowl, add broccoli with remaining oil. Add tarragon and season with salt.
3. Line up 2 cookie sheet with parchment paper and add veggies.
4. Cook until al dente, about 30 minutes.
5. While the veggies are cooking, cook the lentil.

6. In a large pot, at oil; saute onions and garlic. Add 2 TBSP Cowgirl or your herb mixture and blend.

7. Add lentil and coat with oil. Add water.

8. While farro cooks , make salad dressing by simply combining oil, vinegar, Cowgirl, jam and salt in a bowl. Whisk to emulsify.

9. When the lentil are ready, remove from pot and allow to cool off.

10. To assemble, place cooled lentils, yams and/or squash, broccoli, red pepper, scallions, cranberries in a large bowl and combine.

11. In a separate bowl, add the baby spinach and dressing; toss.

12. To serve, add spinach, top with lentil and a garnish of shredded beets and feta.