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” x 1/2”

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.