

Edamame and Farro Salad with Sesame Vinaigrette

Our third graders made a delicious grain salad featuring edamame (soy beans) and farro (hulled wheat) with a sesame vinaigrette. Have fun switching ingredients (brown rice for farro or cannellini beans for edamame) and trying different dressings- this recipe is very adaptable.

Edamame and Farro Salad with Sesame Vinaigrette (Serves 8)

- 5 cups cooked farro (or other grain such as brown rice)
- 3 cups cooked, shelled edamame (Japanese soy beans)
- 4 medium carrots, finely chopped
- 3 scallions, finely sliced
- ¼ cup dried cranberries
- 2 tablespoons rice vinegar
- 3 tablespoons vegetable oil
- 3 tablespoons toasted sesame oil
- 1 tablespoon maple syrup
- 1 teaspoon Kosher salt
- 2 teaspoons soy sauce
- freshly ground pepper
- 2 tablespoons sesame seeds

Add farro, edamame, carrots, dried cranberries, and scallions to a large bowl. For dressing: in a small bowl, whisk rice vinegar with vegetable oil and sesame oil until emulsified. Add maple syrup, salt, soy sauce, ground pepper, and sesame seeds. Mix well and season to taste. Pour dressing over vegetables and toss until well-coated. Set aside for 20 minutes to allow flavors to meld. Serve cold or at room temperature. Enjoy!