

# Heart Healthy Farro Salad

Serves 6

## Ingredients

- 2 cloves minced garlic
- 1/2 cup whole-milk plain Greek yogurt
- 2 Tbsp. fresh squeezed lemon juice
- 2 tsp. za'atar
- salt & pepper to taste
- 1 cup dry organic farro, rinsed and cooked according to directions
- 1/2 cup pomegranate seeds
- 1/2 cup fresh mint leaves, coarsely chopped. Extra for garnish.
- 1/2 cup crumbled feta cheese
- 4 scallions, thinly sliced
- 1/2 Hot house cucumber rinsed, sliced in half length-wise, then cut into slices
- 1/2 a beet sliced with a julienne slicer
- 1/2 cup toasted pine nuts

## Instructions

1. Combine first 5 ingredients together in a bowl and whisk the dressing together.
2. Place the rest of the ingredients, except the pine nuts, together in a large bowl and toss with dressing. Toss in pine nuts before serving and garnish with extra mint leaves

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