

## Roasted Cauliflower, Beet, And Farro Salad

**Prep Time:** 20 Min **Cook Time:** 40 Min  
Serves 6

### For The Salad

2 cups farro

3 small beets

1 head of cauliflower, cut into small chunks

coarse sea salt, fresh cracked black pepper, smoky paprika

olive oil

2 handfuls of salad greens, coarsely chopped

1/2 cup crumbled feta cheese

### For The Vinaigrette

1/3 cup olive oil

1/4 cup fresh lemon juice

3 tablespoons coarsely chopped fresh parsley

1 teaspoon honey

splash red wine vinegar

salt and pepper to taste

### Instructions

- 1 Start by cooking the farro. Bring about 5 cups of water to a boil. Season the boiling water with salt. Add the farro and reduce heat to a simmer. Simmer the farro until puffed and tender, about 20 to 25 minutes. Drain in a colander and rinse with cool water. Set aside.
- 2 Place a rack in the center and upper third of the oven and preheat oven to 400 degrees F.
- 3 Scrub beets and remove the leafy green stems. Place beets in a large piece of foil, drizzle with olive oil, salt and pepper and seal up the foil. Set on a rimmed baking sheet and place on the center rack on the oven to roast until softened through, about 30 minutes depending on the size of your beets.
- 4 On another rimmed baking sheet, scatter cauliflower chunks in a single layer. Drizzle with olive oil, salt, pepper, and paprika. Place on the upper rack of the oven a roast until browned, sizzling, and softened through, about 20 to 25 minutes. Remove from the oven once or twice during roasting to toss and stir the cauliflower.
- 5 Remove both the roasted beets and roasted cauliflower from the oven and allow to rest until cool enough to handle.
- 6 Peel the beets and slice into chunks.
- 7 In a large bowl toss together cooked farro, roasted beets, roasted cauliflower, salad greens, and crumbled feta.
- 8 In a small jar with a tight fitting lid, shake together all of the vinaigrette ingredients. Taste and season.
- 9 Pour the vinaigrette over the salad. Toss and serve.

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