

Farro & Cannellini Bean Power Salad

INGREDIENTS:

- 4 cups fresh arugula (vitamin K, folate, antioxidants)
- 2 medium ripe tomatoes, sliced (lycopene, vitamin C)
- 1 (15 oz) can cannellini beans, drained and rinsed (plant protein, iron, fiber)
- ½ cup cooked farro (whole-grain fiber, magnesium, plant protein)
- ¼ cup sliced olives (healthy fats, vitamin E)
- ¼ cup pickled red onions (prebiotics, gut-friendly)
- 2 Tablespoons crumbled feta cheese (protein, calcium)
- 2 Tablespoons pickled red onion brine (for flavor + probiotics)
- 1 Tablespoon extra-virgin olive oil (monounsaturated fats, anti-inflammatory)
- ¼ teaspoon ground sumac (antioxidants)
- ¼ teaspoon ground turmeric (anti-inflammatory curcumin)
- Salt and freshly ground black pepper, to taste



DIRECTIONS:

1. **Season the beans** - Drain and rinse cannellini beans. In a small bowl, toss them with sumac, turmeric, salt, and pepper. Set aside to absorb the flavors.
2. **Assemble the salad** - Divide ingredients between two serving bowls in this order: a bed of arugula, then farro, seasoned beans, sliced tomatoes, olives, pickled red onions, and crumbled feta cheese.
3. **Dress & serve** - Drizzle each bowl with the pickled red onion brine and olive oil. Gently toss before serving.

Enjoy immediately while crisp and fresh!

TIPS & VARIATIONS

- **Add crunch:** Sprinkle pumpkin or sunflower seeds for extra minerals.
- **Boost protein:** Add grilled chicken, tuna, tempeh, or crispy tofu.
- **Meal prep:** Keep components separate and assemble just before serving.
- **Gluten-free:** Swap farro for quinoa or brown rice