

Grain Salad with Tomatoes and Cucumbers

Servings: 8

Source: Bon Appetit, May 2018

Ingredients

- 2 cups semi-pearled farro or spelt
- kosher salt
- $\frac{1}{3}$ cup pine nuts
- 3 medium Persian cucumbers, peeled, cut into $\frac{3}{4}$ " pieces
- 3 medium tomatoes, thinly sliced
- 1 pint Sun Gold and/or cherry tomatoes, halved crosswise
- 1 small red onion, very thinly sliced
- juice of 1 lemon, or more
- $\frac{1}{3}$ cup olive oil
- 2 tbsp red wine vinegar
- black pepper
- 2 cups basil leaves, torn

Method

1. Preheat the oven to 350°F. Cook the farro in a large Dutch oven or other heat-proof pot over medium heat, stirring often, until golden brown and toasted (it should start to smell like popcorn and some grains may pop), about 4 minutes. Remove the pot from heat and pour in cold water to cover the grains by 1"; throw in a healthy handful of salt. Set the pot over medium-high heat and bring the water to a boil. Reduce the heat and simmer, skimming foam occasionally from the surface, until the grains are tender but still have some bite, 25 to 35 minutes. Drain and transfer the farro to a large bowl. (Or buy farro that only takes about ten minutes to cook!)
2. Meanwhile, toast the pine nuts on a rimmed baking sheet, tossing once, until golden brown, about 5 minutes. Let cool. Add the pine nuts, cucumbers, both kinds of tomatoes, red onion, lemon juice, oil, and vinegar to the bowl with the farro and toss everything together to combine. Taste and season with salt, pepper, and lemon juice, if desired.
3. Top the salad with basil just before serving.

DO AHEAD: Farro can be cooked 1 day ahead. Let cool; cover and chill.