

Zucchini and Tomato Grain Bowl

Makes 4 to 6 servings

This light, bright dish uses summer's harvest. Have your child help by mixing the dressing and cutting the tomatoes.

Ingredients

- 1 cup farro, barley, or other whole grain
- 1 15-ounce can chickpeas (low or no salt added)
- 1 ½ teaspoons salt
- 2 yellow or green zucchini
- 6 tablespoons olive oil
- 1 garlic clove, finely chopped
- 1 tablespoon balsamic or red wine vinegar
- ½ teaspoon black pepper
- 1 pint cherry tomatoes
- 1 tablespoon lemon juice
- 1 cup mixed chopped soft herbs (like parsley, basil, mint, tarragon)



Photo: Fat Free Vegan Kitchen

Directions

1. Rinse and drain the farro and the chickpeas, then add them to a medium-sized pot. Add 1 teaspoon salt. Add enough water to cover the farro and chickpeas by 2 inches. Turn the heat to high and bring to a boil. Remove any foam that rises to the top.
2. Turn the heat to low, cover the pot, and cook until the farro is soft, about 25 minutes.
3. *Make the dressing:* in a small bowl, combine 4 tablespoons olive oil, garlic, vinegar, ½ teaspoon salt, and black pepper
4. Cut the zucchini into ¼ inch thick slices. Heat 2 tablespoons of olive oil in a large pan set over medium-high heat. Add the zucchini slices in a single layer and cook until golden brown, about 3 minutes. Flip the zucchini and cook on the other side for about 2 minutes. Transfer the cooked zucchini to a plate lined with a paper towel.
5. When the zucchini is cool enough to handle, cut the slices into 1 inch pieces and transfer to a large bowl. Add half of the dressing to the zucchini and gently toss to combine.
6. Cut the cherry tomatoes in half and add them to the bowl with the zucchini.
7. When the farro is done, drain the farro and chickpeas and add to the bowl.
8. Add rest of the dressing, lemon juice, and herbs and mix well. Serve warm or at room temperature.

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