

## Farro and Roasted Carrot Jar Salad

Prep Time	45 mins
Total Time	50 mins
Meal Type	Lunch,Dinner
Contributed By	
Source	<a href="#">Living Plate Teaching Kitchen</a>
Servings	4



### Layered Salad

#### Ingredients

lb,c g,ml

- 1 1/2 cups farro, *rinsed and cooked*
- 2 cups carrot, *roasted*
- 4 green onions, *chopped*
- 2 cups cherry tomatoes, *sliced*
- 3 chicken breasts, *grilled*
- 1/3 cup sunflower seeds, *unsalted*
- 8 cups romaine lettuce

#### Directions

##### Prep

1. Cook farro - in a medium saucepot, bring water to a boil. Add farro and simmer for 25-30 minutes until soft but still a bit chewy.
2. Prepare ingredients according to directions. You can use any pre-roasted vegetable in place of the carrots.

##### Make

1. Add dressing to the bottom of jars.
2. Divide the dressing evenly among 4 mason jars. Layer with chopped green onions, sliced cherry tomatoes, cooked farro, roasted carrots, grilled chicken (or alternative protein), toasted sunflower seeds, and top with romaine lettuce.
3. Seal the jars and refrigerate until ready to serve. Invert into a serving bowl - toss and enjoy!

### Dressing

#### Ingredients

lb,c g,ml

- 3/4 cup Greek yogurt, 2%
- 4 Tbs lemon juice
- 1 1/3 Tbs minced garlic
- 4 Tbs olive oil
- 1 1/3 Tbs dill
- 1/4 tsp salt and pepper to taste, *to taste*

#### Directions

##### Make

1. Combine Greek yogurt, lemon juice, minced garlic, olive oil, dill, salt, and pepper. Adjust to taste.
2. If using a large jar you can whisk in the bottom of the jar - if making individual servings, whisk in a separate bowl and add equally among serving jars.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>563</b>	<b>Total Fat</b> 25.3g	38%	<b>Total Carbohydrates</b> 46g	15%
		Saturated Fat 4.2g	20%	Dietary Fiber 11g	45%
		Trans Fat 0.0g		Total Sugars 10g	
		<b>Cholesterol</b> 82mg	27%	<b>Protein</b> 43g	
		<b>Sodium</b> 221mg	9%		
Vitamin D 0g 0% · Calcium 577mg 57% · Iron 5mg 26% · Potassium 1099mg 23%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[- Show all nutrients -](#)