



**BRAIN  
HEALTHY  
COOKING**  
*program*

# Salad

## Whole Grain Power Salad



### Ingredients

- 1 ½ CUPS farro (whole grain) or brown rice
- 1 TSP finely grated orange zest
- 1 TBSP fresh orange juice
- 1 TBSP fresh lemon juice
- 1 TBSP finely grated ginger
- ¼ CUP extra-virgin olive oil
- ¼ CUP golden raisins
- ¼ CUP dried cranberries
- 2 scallions, thinly sliced
- 1/3 CUP roasted pistachios, chopped
- ¼ CUP chopped mint
- 2 TBSP chopped cilantro
- sea salt to taste

### Directions

1. For farro, bring a large saucepan of lightly salted water to a boil. Add the farro and simmer over moderate heat until al dente, about 35 minutes. Drain well, shaking off the excess water. For brown rice, add 2 ½ cups of water and the rice to a large saucepan, lightly salt it and bring it to a boil. Cover, and reduce to a slow simmer for about 30-35 minutes.
2. Meanwhile, in a large bowl, **combine** the orange zest, orange juice, lemon juice, ginger and oil and whisk to blend. Season with a little sea salt.
3. **Add** the warm grains to the dressing along with the raisins and cranberries and toss well.
4. **Let stand** until the grains are almost cool.
5. Just before serving, **fold** in the scallions, pistachios and mint.

