# Arugula and Farro Summer Salad Recipe

**4 MIN READ**

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**BY KELLE WALSH**

# A flavor-packed ancient grain salad that energizes, satisfies, and is easy to prep and perfect for summer.

This hearty grain salad combines a satisfying mix of textures with savory, sweet, salty, and peppery flavors. It makes a nourishing meal on its own or a great sidekick to grilled proteins.

The base features farro, a fiber- and protein-rich ancient wheat grain packed with essential minerals like **zinc** and magnesium, and arugula, a **bitter green** rich in vitamins K, A, and C, folate, calcium, and anti-inflammatory glucosinates.

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A bright vinaigrette, and additions like crisp apples, zucchini, crunchy radishes, sweet grilled corn, shaved Parmesan, and toasted hazelnuts, create a salad as addictive as it is healthy.

## Ingredients (for 4 servings)

**Grain:**

- ? cup **whole or pearled farro**, rinsed
- 2/12 cup water

- ½ teaspoon salt

**Dressing:**

- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 2 tablespoon extra virgin olive oil
- 1 tablespoon agave syrup
- 1/4 teaspoon fine sea salt
- ¼ teaspoon fresh thyme, chopped

**Salad and Add-ins:**

- 3-4 cup baby arugula
- 1 teaspoon avocado oil (can also use olive oil)
- ¼ cup white onion, thinly sliced
- 1 small zucchini, julienned
- 1 ear corn, husked
- ½ sweet-tart apple (like Pink Lady or Honey Crisp), thinly sliced
- 4-5 small radishes, thinly sliced
- 3 tablespoon shaved Parmasen, plus extra for serving
- Fresh ground pepper, to taste
- Optional: toasted hazelnuts, chopped, goat cheese

You'll need: 2 medium pots, 1 small skillet, large bowl, whisk

## Instructions:

1. **Cook the farro:** Bring water to a boil in a medium saucepan. Add rinsed farro and salt, then reduce the heat to medium-low. Simmer uncovered for 15-25 minutes, until farro is tender but still chewy. Pour off any extra water and let farro cool.
2. **Prepare the corn:** In a separate pot, boil enough water to submerge the corn. Add the ear and cook for about 5 minutes, until the kernels turn bright yellow and are just tender. Remove ear from water and let cool slightly. Cut kernels from cob.
3. **Sauté corn and onion.** In a small skillet, heat avocado oil (or olive oil) over medium heat. Add onion and saute for about 1 minute. Add corn kernels and stir to combine. Let mixture cook mostly undisturbed until corn lightly browns, stirring once or twice. Remove from heat and cool.
4. **Make the dressing:** In a large bowl, whisk together the vinegar, lemon juice, olive oil, agave syrup, salt, and thyme until emulsified.
5. **Add cooled farro, corn-onion mixture, sliced apple and radish to the bowl with the dressing**. Toss to coat. Add arugula a handful at a time, mixing well. Add shaved Parmesan and mix again. Season with ground pepper.
6. **Serve immediately or chill slightly,** and top with more shaved Parmesan and toasted hazelnuts, if using.

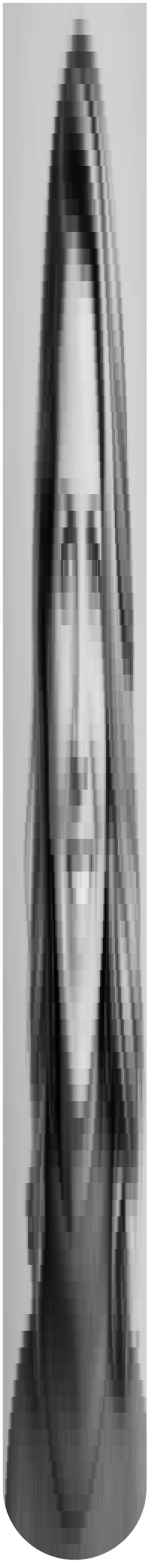
## Nutrition:

214 calories, 26g carbohydrate, 5g protein, 11g fat, 3.3g fiber

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**WRITTEN BY:**



# Kelle Walsh