

## PESTO FARRO SALAD WITH TOMATOES AND ARTICHOKE

1 ½ cups whole farro, rinsed  
Salt and Pepper  
1 ½ ounces (1 ½ cups) baby spinach  
2 cups fresh basil leaves  
½ cup raw sunflower seeds toasted  
1 ounce Parmesan cheese, grated (1/2 cup)  
2 garlic cloves, minced  
½ cup cold pressed extra virgin olive oil  
1/3 cup organic plain low-fat yogurt  
12 ounces cherry tomatoes, halved  
2 cups jarred whole baby artichoke hearts packed in water, rinsed, patted dry, and quartered

Bring 4 quarts water to boil in Dutch oven. Add farro and 1 tablespoon salt, return to boil, and cook until grains are tender with slight chew, 15 to 30 minutes. Drain farro, spread onto rimmed baking sheet, and let cool for 20 minutes.

Meanwhile, pulse baby spinach, basil, sunflower seeds, parmesan cheese, garlic, ½ teaspoon salt, and ¼ teaspoon pepper in food processor until finely ground, 20 to 30 pulses, scraping down sides of bowl as needed. With processor running, slowly add oil until incorporated. Add yogurt and pulse to incorporate, about 5 pulses; transfer pesto to large bowl.

Toss cooled farro with pesto until combined. Gently stir in tomatoes and artichoke hearts and season with salt and pepper to taste. Stir in warm water as needed, 1 tablespoon at a time, to adjust consistency.