

Edamame, Corn & Farro Salad

Serves 4 as a main course or 10-12 as a side dish

- 1 package (12 oz.) frozen shelled edamame (soybeans)
- 3 cups frozen corn (approx. 12 oz.)
- ½ cup Craisins (sweetened dried cranberries)
- 1 cup pecan pieces, toasted
- ½ cup chopped cilantro (one handful)
- ½ cup chopped scallions (approx. 3 large; dark and light green parts only)
- ½ cup toasted sesame oil
- 3 Tablespoons rice vinegar (unseasoned)
- 1 teaspoon kosher salt
- 1 cup cooked pearled farro
- 1 tiny squeeze of agave nectar or honey (optional)

To make 1 cup cooked farro:

- ½ cup pearled farro
- 3+ cups water
- 1 Tablespoon kosher salt

Rinse farro in a bowl of cold water; pour off water or drain in a small-holed colander. In a medium saucepan, bring 3+ cups water to a boil. Add kosher salt and rinsed farro. Cover pan and turn heat to low. Simmer for 15-20 minutes. Drain farro into a colander and set aside to cool.

Make Salad:

In a large bowl, mix frozen edamame, corn and Craisins. The corn and edamame will thaw while you toast the pecans. Toast pecans by placing them in a frying pan over medium-low heat. Cook for about 5 minutes, shaking occasionally, until fragrant. (Don't walk away and start checking emails! Nuts can burn quickly.) Set aside to cool.

Chop cilantro and scallions and add to bowl along with cooled pecans. Stir in sesame oil, rice vinegar and kosher salt. Add farro (and a tiny squeeze of agave nectar or honey, if desired) and stir. Best if made at least an hour ahead so flavors can meld.