

# Mediterranean Farro with Spice Roasted Chickpeas



FOODSERVICE

SERVING SIZE: 6

## Ingredients

- 2 1/2 cups **Furmano's Fully Cooked Farro**, Drained & Rinsed
- 1/4 cup Feta Cheese, Crumbled
- 1/4 cup Kalamatta Olives, Pitted & Sliced
- 1/3 cup Tahini Butter
- 1/3 cup Water
- 1/4 cup Lemon Juice
- 2 tablespoons Fresh Garlic, Minced
- 1/2 teaspoon Ground Cumin
- 1/4 teaspoon Cayenne Pepper
- 1 cup **Furmano's Garbanzo Beans (Chick Peas)**, Drained & Rinsed
- 3 tablespoons Olive Oil
- 1 tablespoon Cayenne Pepper
- 1 tablespoon Turmeric
- 1/3 cup Salt
- 1/4 tablespoon Black Pepper

## In This Recipe



Fully Cooked Farro - 24 oz.



Fully Cooked Farro - 96 oz.



Pouch Low Sodium All  
Natural Extra Fancy Chick  
Peas



Extra Fancy Chick Peas  
(Garbanzo Beans)

## Preparation

1. For Dressing: Combine Tahini, Water, Lemon Juice, Garlic, Cumin and Cayenne in a food processor and run for two minutes. Scrape down sides and pulse until combined. Set aside.
2. For Spice Roasted Chickpeas: In a mixing vessel combine Chickpeas, Oil, Cayenne, Turmeric, Salt and Pepper. Roast in a saute pan for two minutes each side on medium low until just about to burst. Reserve.
3. In a mixing bowl, add Farro, Olives, Feta, and Chickpeas. Toss and drizzle in salad dressing. Serve cold.

