

Crunchy Cabbage Slaw with Farro, Parm and Dates



SERVING SIZE: 8

Ingredients

- 2 cups Almonds
- 1 tablespoon Olive Oil
- 1/4 teaspoon Black Pepper
- 1/2 teaspoon Kosher Salt
- 2 cups Dates, pitted, chopped
- 8 cups Lacinato Kale, stemmed, cut into ribbons
- 8 cups Red Cabbage, thinly sliced into ribbons.
- 2 cups **Furmano's Fully Cooked Farro**, Drained & Rinsed
- 1 cup Parmigiano-Reggiano, Grated
- 1/4 cup Parmesan peppercorn Dressing

In This Recipe



Fully Cooked Farro - 24 oz.



Fully Cooked Farro - 96 oz.

Preparation

1. Place Almonds, Olive Oil, Salt and Black Pepper in a medium skillet over medium heat, stirring frequently until Almonds darken slightly and very fragrant.
2. Chop Almonds and set aside.
3. In a large bowl mix Dates, Kale, Cabbage, Almonds, Farro, Parm Reggiano and Dressing and toss.

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