

# Farro Salad with Sardines and Kale



## Ingredients

- 1 cup of cooked farro
- 1 can of sardines in olive oil, chopped
- 2 tablespoons chopped red onion
- 3/4 cup chopped kale
- 1-2 teaspoon of lemon juice
- 1 teaspoon extra virgin olive oil
- Salt and pepper to taste



## Directions

1. In a medium bowl, combine farro, sardines, red onion, and kale.
2. Add lemon juice, a drizzle of olive oil, and a small sprinkle of salt and pepper if desired.
3. Mix until everything is well incorporated. Serve immediately.

**Nutrition Facts:** Serving Size: 1 of recipe; Calories: 630; Total Fat: 25g; Saturated Fat: 4.5g; Sodium: 180mg; Total Carbohydrate: 73g; Dietary Fiber: 11g; Added Sugars: 0g; Protein 32g; Vitamin D: 0mcg; Calcium: 325mg; Iron: 6mg; Potassium: 96mg