

Farro & Roasted Vegetable Salad

Ingredients

- 1 cup farro
- 2 cups diced zucchini
- 1 cup cherry tomatoes, halved
- 1 red onion, sliced
- 1 tbsp olive oil
- 1 tsp dried basil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions

1. Cook Farro: Boil farro in salted water for 25–30 minutes until tender. Drain.
2. Roast Veggies: Preheat oven to 400°F (200°C). Toss zucchini, tomatoes, and onion with olive oil, basil, salt, and pepper. Roast for 20 minutes.
3. Assemble Salad: Mix farro with roasted vegetables, drizzle with balsamic vinegar, and toss well.
4. Serve: Enjoy warm or cold.

Why This Helps Blood Sugar

Farro contains magnesium and fiber, which improve insulin sensitivity and slow glucose absorption.