

Farro salad with roasted tomato from Smitten Kitchen

Serves 4-6

4 Cups cherry tomatoes

Olive oil

Kosher salt

1 Cup uncooked farro

1 large garlic clove

1 Tablespoon dried oregano

Freshly ground black pepper

1/4 Cup red wine vinegar

3 ounces (85 grams) crumbled salty cheese, such as ricotta salata or feta-I used ricotta basket cheese. Also mozzarella or drained firm tofu would work well.

1/2 Cup cured black olives, pitted and roughly chopped

Fresh basil or mint leaves, thinly sliced

Preheat the oven to 300 degrees

Roast the tomatoes. Arrange the halved tomatoes cut side up on a parchment paper lined half sheet pan. Drizzle the tomatoes with 2 to 3 Tablespoons olive oil and sprinkle with 1 Teaspoon salt. Bake for about 90 minutes until somewhat shriveled and dry to touch but not fully dehydrated. Allow to cool.

Cook the farro. Bring the farro, 4 Cups water and 1 teaspoon salt to boil. Then reduce the heat to a simmer and cook uncovered until tender, about 15-20 minutes. Drain any extra remaining water from farro and let cool.

Make the dressing. Roughly chop the garlic on a cutting board, then add oregano, 1 1/4 teaspoons salt and a few grinds of black pepper. Mince and crush the mixture with a knife until it is somewhat like a fine paste. Transfer it to a large bowl, whisk in the vinegar, then slowly drizzle in 1/4 Cup oil whisking the whole time. Add salt and pepper to taste, if needed.

Assemble the salad. Add the farro to the dressing, and stir to coat evenly. Stir the roasted tomatoes, cheese and olives into the farro. Toss gently to combine. Add salt and pepper if needed. Can be served immediately but will keep in the fridge for 4 days.

"The Elvis" Smoothie

[food.com](https://www.food.com/recipe/the-elvis-smoothie-115511)

MAKES: 1 serving

PREP TIME: 2 mins

INGREDIENTS

- 1 banana, frozen, sliced
- 2 tablespoons peanut butter
- 1 cup almond milk
- 1/4 cup sugar-free non-fat vanilla yogurt
- 1 tablespoon honey

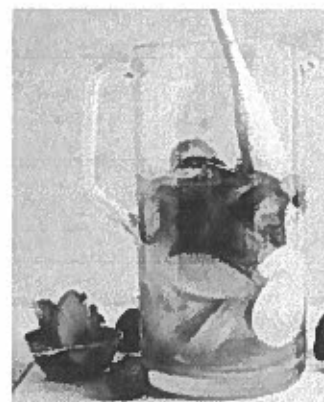
DIRECTIONS

1. Place all ingredients in blender.
2. Blend until very smooth.
3. Serve immediately.
4. For a vegan smoothie, make with soy milk and soy yogurt.

Easy Traditional White Sangria

An easy, 8-ingredient (1-pitcher!) recipe for traditional white wine sangria. Brandy and wine recommendations included, and seasonally adaptable!

Author Minimalist Baker



4.77 from 26 votes

PREP TIME	TOTAL TIME
15 minutes	15 minutes

Servings 6 (glasses)
Course Beverage
Cuisine Gluten-Free, Spanish-Inspired, Vegan
Freezer Friendly No
Does it keep? 48 Hours

Ingredients

- 1 medium lime (thinly sliced into rounds)
- 1 medium lemon (thinly sliced into rounds)
- 1/4 cup organic cane sugar (or sub agave, powdered coconut sugar, maple syrup, or stevia to taste // for drier sangria, omit)
- 1/4 cup apple brandy (Laird's Apple Jack brand // or sub brandy, but apple brandy has a subtler apple flavor + smoother, gentler finish)
- 1/2 medium organic green apple (cored, skin on, chopped into small pieces)
- 1 medium ripe peach or nectarine (thinly sliced)
- 1 cup sliced strawberries
- 1 750-ml bottle dry, crisp white wine (chilled // I prefer white table wine from Spain or Portugal (I liked Alianca brand!) but Sauvignon Blanc adds a nice complexity, and Pinot Grigio works, too)

FOR SERVING

- Ice or frozen berries for serving
- Sparkling water (*optional*)

- Fresh mint (*optional*)

Instructions

1. Add lime, lemon, and sugar (or other sweeteners) to a large pitcher (or use multiple pitchers if making a larger batch) and muddle with a muddler or gently crush with a wooden spoon for 45 seconds.
2. Add apple brandy and muddle again to combine for 30 seconds. Add apple, nectarine, and strawberries and stir to incorporate. Then add wine and stir once more.
3. Taste and adjust flavor as needed, adding more sweetener of choice for sweetness, lemon or lime juice for acidity, or fruit. Stir to combine.
4. Add ice or frozen berries and stir once more to chill. Serve as is or with a bit more ice and mint (optional). To dilute the mixture, top off glasses with a bit of sparkling water (optional).
5. Store leftovers covered in the refrigerator for up to 48 hours, though best when enjoyed within the first 1-2 days.

Notes

*Nutrition information is a rough estimate calculated with Sauvignon Blanc, brandy, and organic cane sugar.

*Find a more traditional take on white sangria [here](#).

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Greek Salad

Prep Time: 15 mins

Total Time: 15 mins

Serves 4



This easy Greek salad recipe is a flavorful, refreshing summer side dish! If you make it ahead for a gathering, save a few mint leaves to add right before serving.

Ingredients

Dressing

- ¼ cup extra-virgin olive oil
- 3 tablespoons red wine vinegar
- 1 garlic clove, minced
- ½ teaspoon dried oregano, more for sprinkling
- ¼ teaspoon Dijon mustard
- ¼ teaspoon sea salt
- Freshly ground black pepper

For the salad

- 1 English cucumber, cut lengthwise, seeded, and sliced ¼-inch thick
- 1 green bell pepper, chopped into 1-inch pieces
- 2 cups halved cherry tomatoes
- 5 ounces feta cheese, cut into ½ inch cubes*
- ⅓ cup thinly sliced red onion
- ⅓ cup pitted Kalamata olives
- ⅓ cup fresh mint leaves

Instructions

1. Make the dressing: In a small bowl, whisk together the olive oil, vinegar, garlic, oregano, mustard, salt, and several grinds of pepper.
2. On a large platter, arrange the cucumber, green pepper, cherry tomatoes, feta cheese, red onions, and olives. Drizzle with the dressing and very gently toss. Sprinkle with a few generous pinches of oregano and top with the mint leaves. Season to taste and serve.

Notes

*Feta in brine is best for this recipe.

Chicken Salad

2 chicken breasts, poached or from a rotisserie chicken, chopped

1 shallot, finely chopped

2 stalks celery finely chopped

2 Tablespoons chopped tarragon

¼ cup chopped parsley

1 cup red grapes, quartered

Salt and pepper to taste

Mayonnaise

Mix all ingredients together and serve on crackers, lettuce cups, or make sandwiches.