



Makes 15 cups
Preparation Time: 20 minutes
Cook Time: 23 hours 40 minutes

INGREDIENTS:

3 cups small cauliflower florets

2 sprigs fresh oregano

1 tablespoon mustard seeds

2 cloves garlic, thinly sliced

$\frac{1}{8}$ to $\frac{1}{4}$ teaspoon crushed red pepper

1 cup apple cider vinegar or white vinegar

1 tablespoon packed brown sugar

1 teaspoon sea salt

3 cups cooked farro

2 cups chopped roasted red bell pepper (from the jar, drained)

1½ cups frozen lima beans, prepared according to package directions

$\frac{1}{2}$ cup sliced fresh basil

Freshly ground black pepper, to taste

6 cups assorted fresh baby greens

Pickled Cauliflower and Farro Salad

Pickled cauliflower adds a tangy, herbal element to this earthy farro salad. This tasty recipe is quick to make if you think of it in two parts. The day before, spend a few minutes preparing the cauliflower **pickle**: Mustard seeds, garlic, and fresh oregano create an aromatic base, while crushed red pepper adds a little heat—all soaked up by mild-flavored cauliflower. (The recipe calls for cooked farro, which you can do a day ahead as well.) When you're ready to assemble, add the pickled cauliflower to the farro, sweet roasted red bell peppers, earthy lima beans, and peppery fresh basil. This **Mediterranean**-style salad makes an excellent hearty dinner, lunch, or colorful side dish. It's flexible, too, so feel free to use other grains and veggies. The pickled cauliflower is also wonderful served as a snack or on a relish tray.

For more inspiration, check out these tasty ideas?

- [Miso-Ginger Grilled Vegetable Farro Bowls](#)
- [Orange Farro Salad with Pan-Roasted Tomatoes](#)
- [Quick-Pickled Japanese Cucumbers](#)
- [Forbidden Rice Bowl with Quick-Pickled Cabbage](#)

By Ellen Boeke

- 1 For pickled cauliflower, place cauliflower in a medium bowl. Add oregano, mustard seeds, garlic, and crushed red pepper. In a saucepan combine vinegar, sugar, salt, and 2 cups water. Bring to boiling, stirring to dissolve sugar. Pour over cauliflower mixture. Let cool. Cover and chill at least 24 hours.
- 2 For salad, drain cauliflower, reserving 3 tablespoons pickling liquid. In a large bowl combine farro, drained cauliflower, roasted red pepper, lima beans, basil, and 2 tablespoons of the reserved pickling liquid; toss to combine. Season with black pepper. Toss greens with remaining 1 tablespoon pickling liquid. Serve dressed greens alongside farro salad.