

FEBRUARY HEART HEALTH

FARRO SALAD WITH HERB VINAIGRETTE

Farro: Farro is an ancient whole grain rich in fiber, vitamins, and minerals. Its high fiber content helps lower LDL (bad) cholesterol levels, reducing the risk of heart disease. Additionally, farro contains antioxidants and phytonutrients that support cardiovascular health.

Herb Vinaigrette: The herb vinaigrette includes heart-healthy ingredients such as olive oil, vinegar, and fresh herbs. Olive oil is rich in monounsaturated fats, which can improve cholesterol levels and reduce the risk of heart disease. Fresh herbs add flavor without the need for excessive salt, contributing to heart-healthy eating habits.

Fat-Free, Plain Greek Yogurt: Greek yogurt is a good source of protein and calcium. The protein in Greek yogurt helps promote satiety and weight management, while calcium supports bone health and may indirectly benefit heart health.

White Wine Vinegar: Vinegar has been linked to potential heart health benefits, such as improved blood sugar control and cholesterol levels. Some studies suggest that vinegar may help lower blood pressure and reduce the risk of heart disease.

INGREDIENTS:

Servings: 12 (1/2 cup each)

Dressing Ingredients:

- 1/2 avocado (peeled, pitted)
- 1/4 cup fat-free, plain Greek yogurt
- 2 tbsp lemon juice
- 1 tsp shallots (chopped)
- 3 tbsp fresh dill (chopped)
- 1 tsp olive oil
- 1 tbsp white wine vinegar
- 1 tsp Dijon mustard

Ingredients:

- 1 qt Farro, cook, chilled
- 1/2 cup Red Onion, diced
- 1 cup Red & Green Bell Pepper, diced
- 1/2 cup Cucumber, diced
- 1/2 cup Tomato, diced
- 2 tsp Black Pepper
- 1 tbsp each of fresh Parsley, Oregano, Basil

Directions:

- Prepare salad dressing, combine ingredients into a food processor and process to a smooth consistency. Toss farro with diced vegetables, herbs and vinaigrette.

Nutrition Facts	
Calories	106
Total Fat	3.2 g
Saturated Fat	0.7 g
Trans Fat	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	1.5 g
Cholesterol	0 mg
Sodium	35 mg
Total Carbohydrate	15.9 g
Dietary Fiber	2.9 g
Sugars	1.8 g
Added Sugars	0 g
Protein	4.2 g



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