

# MEDITERRANEAN MEDELY



## California Goat Cheese and Farro

Simple dishes are my favorite ones to make. For this, I used some cooked whole grains (farro) that I had in the fridge, some basil out of my garden, one of my favorite condiments, marinated sun-kissed (or sun-dried) tomatoes, plus a very yummy cheese. Who doesn't like goat cheese, that has the advantage of being higher in protein and lower in fat than cow's milk cheese? This is a nice dish to take for any get-together, since it's tasty, hot or cold.

### California Goat Cheese and Farro

- 2 cups cooked Farro
- Make a California pesto using:
  - 2 cups fresh basil
  - 1/c cup California almonds or walnuts,
  - 1/2 cup organic California olive oil
  - 1/2 cup fresh parmesan cheese
  - 1/4 cup minced garlic
- Mix 1/2 of the Farro and the pesto together; set aside
- Mix together with the remaining Farro
  - 1/2 cup sun kissed tomatoes in olive oil
  - 1/2 cup artichokes in olive oil
- Layer in a glass bowl with high sides
  - the green Farro mixture
  - then the goat cheese, I love Laura Chenel's Chef's Chevre
  - and then the red Farro
- Garnish the top with basil
- Eat hot or cold