

# Blood Orange Salad with Farro and Crispy Chickpeas

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## Ingredients

- 1 cup dry farro
- 1 15-oz. can no-salt-added chickpeas
- 1 tablespoons tahini
- ½ teaspoon curry powder
- ¼ teaspoon smoked paprika
- 4 cups chopped romaine lettuce
- 2 blood oranges, peeled and sectioned
- 1 cup chopped yellow bell pepper
- ½ cup sliced scallions
- Sea salt, to taste
- Freshly ground black pepper, to taste
- ¼ cup blood orange juice
- 2 tablespoons red wine vinegar
- 2 teaspoons pure maple syrup
- 2 teaspoons Dijon mustard
- ¼ teaspoon ground cinnamon

## Steps

1. Place farro and 2 cups water in a saucepan. Bring to boiling; reduce heat. Cover and simmer 20 minutes or until farro is tender and liquid is absorbed. Spread in a shallow baking pan to cool.
2. Drain chickpeas, reserving the liquid (aquafaba). Rinse chickpeas then pat them dry. Place in a medium bowl. Add tahini, curry powder, and smoked paprika; mix well. Preheat air fryer 5 minutes at 370°F. Place chickpeas in a single layer in fryer basket (may need to do in batches). Air-fry 15 minutes or until crispy. Spread on a paper towel; cool.
3. For Blood Orange Dressing, in a small bowl whisk together orange juice, 3 tablespoons of the reserved aquafaba, the red wine vinegar, maple syrup, Dijon mustard, and cinnamon until smooth.
4. In a large bowl toss together cooled farro, the romaine, oranges, bell pepper, and scallions. Drizzle with Blood Orange Dressing and season with salt and black pepper. Just before serving, sprinkle with chickpeas.