

Farro, Green Bean, and Fennel Salad with Tuna

1/2 cup uncooked whole-grain farro
3/4 teaspoon salt, divided
4 cups water
2 cups (2-inch) cut green beans (about 1/2 pound)
3 tablespoons extra-virgin olive oil
2 tablespoons white wine vinegar
1 tablespoon fresh lemon juice
1 teaspoon Dijon mustard
1 small garlic clove, minced
1/4 teaspoon freshly ground black pepper
1 cup grape tomatoes, halved lengthwise
1 cup very thinly sliced fennel bulb (about 1 small bulb)
1/4 cup fresh flat-leaf parsley leaves
1/4 cup oil-cured olives, pitted and coarsely chopped
5 green onions, thinly sliced 2 (4.5-ounce) jars sustainable oil-packed albacore tuna, drained

Combine farro, 1/2 teaspoon salt, and 4 cups water in a medium saucepan; bring to a boil. Cover and simmer 60 minutes or until farro is tender but still slightly chewy. Drain. Cool slightly.

While farro cooks, fill another medium saucepan two-thirds full with water; bring to a boil. Add green beans; cook 4 minutes or until crisp-tender. Drain and rinse with cold water; drain.

Combine oil, vinegar, juice, mustard, and garlic in a large bowl; stir in the remaining 1/4 teaspoon salt and pepper. Add farro, beans, tomatoes, and next 4 ingredients (through green onions); toss well to combine. Flake tuna into large chunks. Add tuna to salad; toss gently to combine.