

👉 Roasted cauliflower, nutty farro and pistachios—delicious warm tonight or chilled tomorrow.

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Hi ,

I may love to cook, but even I don't want the oven competing with an Austin summer afternoon.

That doesn't mean roasted vegetables have to disappear from the menu until fall. With a little planning, you can use the oven early in the morning or later in the evening, when the day is cooler, and let the refrigerator do the rest of the work.

That is exactly what makes this **Roasted Cauliflower Farro Salad** such a practical summer meal.



Recipe to Try This Week

Nutty, chewy farro and golden roasted cauliflower create a hearty base that truly eats like a meal. Dried cranberries add a touch of sweetness, Italian parsley brings freshness, and pistachios provide richness and crunch. A bright, oil-free lemon-Dijon dressing pulls everything together.



You can serve the salad warm after the cauliflower comes out of the oven, but I especially love it chilled later in the day or even the next day.

As it rests, the farro absorbs the dressing and the flavors have time to settle and come together.

Time becomes another ingredient.

👉 [Get the recipe + my best tips for making this salad work.](#)

I gave this older recipe a complete refresh. In the [updated post](#), you will also find:

- Rice-cooker and stovetop directions for quick-cook farro
- A guide to whole, semi-pearled and pearled farro
- My method for roasting cauliflower without oil
- Vegetable and grain substitutions
- Make-ahead, storage and nutrition information

A Simple Make-Ahead Plan

In the morning or evening:

- Cook the farro on the stovetop or in your rice cooker.
- Roast the cauliflower while the kitchen is cooler.
- Shake together the lemon-Dijon dressing.

Once the farro and cauliflower have cooled, combine them with the cranberries, parsley and dressing. Refrigerate for at least two hours or overnight. Add the pistachios immediately before serving, and dinner—or lunch—is ready.

That is the kind of meal prep I can get behind: a little effort when it is convenient and a satisfying meal waiting when it isn't.



Kitchen Tip: Cut Cauliflower From the Bottom Up

Does cutting cauliflower leave tiny white pieces scattered across your cutting board and countertop? The secret is to stop slicing through the top of the florets.

Remove the outer leaves, turn the cauliflower stem-side up and use a small knife to cut around the core at an angle. Lift out the core, then pull the large sections apart with your hands.

To make smaller florets, cut through the stem end—not through the crown—and gently pull the floret apart. This preserves the natural shape of the florets and keeps most of those little cauliflower crumbs on the cauliflower instead of all over your kitchen.

Rinse the florets in a colander and dry them thoroughly before roasting. Removing that excess moisture is especially important when roasting without oil because it helps the cauliflower brown rather than steam.



I hope this recipe gives you one more way to put a nourishing meal on the table without spending the hottest part of the day standing over the stove.

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Donna
PLANTifull Fare

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