

# DAVE MATTHEWS'S BAND

RECIPES FROM THE ROAD

## FARRO SALAD WITH GREEN APPLE, HERBS, TOASTED WALNUTS AND CHAMPAGNE VINAIGRETTE

REX HALL

SERVES: 6-8

ACTIVE TIME: 45 MINUTES, NOT INCLUDING COOKING FARRO

### FOR THE SALAD

- 4 CUPS FARRO, COOKED, RINSED, DRAINED, CHILLED AND THEN TOSSED IN 6 TABLESPOONS WALNUT OIL
- 2 RED ONIONS, DICED
- 6 STALKS CELERY, DICED
- 2 TABLESPOONS CHOPPED FLAT-LEAF PARSLEY
- 2 TABLESPOONS CHOPPED FRESH OREGANO
- 2 CUPS WALNUTS, OVEN TOASTED AND CHOPPED
- 8 GRANNY SMITH APPLES, PEELED AND CUT INTO 1-INCH CUBES
- 4 CUPS BABY SPINACH, ROUGHLY CHOPPED

SALT AND PEPPER TO TASTE

### FOR THE CHAMPAGNE VINAIGRETTE

- 1/2 CUP CHAMPAGNE VINEGAR
- 4 TEASPOONS DIJON MUSTARD
- 4 TEASPOONS HONEY
- 1/2 CUP EXTRA VIRGIN OLIVE OIL

SALT AND PEPPER TO TASTE

**FOR THE SALAD,** TOSS FARO WITH RED ONIONS, CELERY, PARSLEY, OREGANO, WALNUTS, APPLES, SPINACH, SALT AND PEPPER IN A LARGE BOWL.

**FOR THE VINAIGRETTE,** WHISK TOGETHER VINEGAR, MUSTARD AND HONEY, WHISK IN OLIVE OIL UNTIL WELL COMBINED. TASTE AND ADJUST SEASONING WITH SALT AND PEPPER. DRIZZLE VINAIGRETTE OVER SALAD AND TOSS TO COMBINE. SERVE CHILLED OR AT ROOM TEMPERATURE.

THE BAND AND CREW WORK LONG HARD HOURS ON THE ROAD, SO WE STRIVE TO OFFER NOT ONLY HEALTHY FRESH FOODS BUT FOODS THAT ARE SUBSTANTIAL AND SATISFYING FOR A WIDE RANGE OF DIETS. IN THE BAND ALONE THE DIETS RANGE FROM HARD-CORE CARNIVORES, TO HEALTH-CONSCIOUS PESCATARIANS AND STRICT VEGETARIANS. WE IDEALLY LOOK FOR ORGANIC LOCALLY PRODUCED PRODUCE, SUSTAINABLY HARVESTED FISH AND HIGH QUALITY, HORMONE FREE POULTRY AND MEATS. DAVE MATTHEWS BAND TOURS PRIMARILY IN SUMMER, SO WE ARE ABLE TO TAKE ADVANTAGE OF THE WIDE RANGE OF PRODUCTS THAT ARE AVAILABLE IN DIFFERENT REGIONS ACROSS THE US. WITH THE FOODS WE COOK IT IS BEST TO USE WHAT LOOKS GOOD AND FRESH AT THE STORE, PICK OUT THE MAJOR COMPONENTS OF THE MEAL AND FILL IN THE COMPLIMENTARY FLAVORS AFTER. WHEN THE FOODS ARE FRESH THE FOOD NATURALLY TASTES BETTER.

**WHOLE  
FOODS**  
MARKET



BIG WHISKEY AND THE GROOGRUX KING