Summer Grain Salad

1 15-ounce can garbanzo Beans, drained and rinsed

2 Tablespoons olive oil

1 cup frozen corn ears, thawed

2 Tablespoons fresh lemon juice

2 garlic cloves, minced

½ teaspoon sea salt

black pepper

red pepper flakes

4 cups cooked farro, cooked

⅓ cup dried apricots, diced

½ cup finely chopped fresh parsley

½ cup slivered almonds

1 cup fresh basil leaves

Pat garbanzo beans dry.

Drizzle with 1 T. olive oil and sprinkle with salt.

Transfer to a parchment lined baking sheet.

Roast 20-30 minutes at 425 until crispy.

Whisk together the 3 T. olive oil, lemon juice, garlic, salt, several grinds of pepper and a pinch of red pepper flakes

Add the farro, corn, apricots, and parsley and toss.

Divide salad among bowls.

Top with garbanzo beans, almonds and basil.