

Farro Salad with Asparagus and Mint

Prep Time

10 minutes

Servings

10-12



Ingredients

- 1 lemon, zested and juiced
- 1/3 cup olive oil
- Salt and pepper to taste
- 1 clove garlic, minced or grated
- 2 cups cooked farro
- ½ pound of asparagus, trimmed and cut into ¼ inch pieces
- 1 can of white beans, drained and rinsed
- 2 cups arugula
- ½ cup mint leaves

Directions

1. In the bottom of a large mixing bowl, combine the lemon zest and juice, olive oil, salt, pepper, and garlic. Mix well to combine.
2. Add the cooked farro, asparagus, and beans. Toss to coat the ingredients well.
3. Sprinkle the arugula and mint on top of the salad, and mix gently to combine.

Options: Top with goat cheese or feta. Sprinkle almonds or pistachios on top. Add basil and parsley.

To prepare ahead, complete steps 1 and 2 up to 24 hours ahead of time. Mix the greens in just before serving. Salad can be served cold or at room temperature.