Spring Farro Salad

Enjoy both greens and grains in this hearty springtime salad!

Ingredients:
Dressing
- 2 Tablespoons + 1 teaspoon Dijon mustard
- 3 Tablespoons lemon juice
- 1 teaspoon sugar
- 2 cloves garlic, minced
- ½ cup extra virgin olive oil
- ½ teaspoon cracked black pepper
- Salt to taste

Salad
- 1 bunch asparagus, sliced in 2” pieces
- 3 cups farro, cooked
- 1 small fennel bulb, thinly sliced
- 2 celery stalks, chopped
- 5 green onions, white parts thinly sliced
- 2 cups baby arugula
- ½ bunch Italian parsley, finely chopped
- Salt and cracked black pepper to taste

Directions:
1. For the dressing, place Dijon, lemon juice, sugar, and garlic in food processor. Process for 10 seconds, stream in olive oil.
2. For the salad, Fill a small mixing bowl with 2 cups water and 1 cup ice and set aside. Bring 3 cups of water to boil in a saucepan. Immerse cut asparagus in the boiling water for 1 minute. Remove from water and immediately place in ice water bath.
3. Combine farro, fennel, celery, green onions, arugula, and parsley in a large bowl.
4. Drain asparagus and combine with farro salad mix and salad dressing in a large bowl. Season with salt and pepper to taste.
5. Chill for at least 1 hour before serving.

Serving Size: ¾ cup   Yield: 6 servings

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<th>Nutrition Information / Amount per serving:</th>
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