



## Asparagus and Farro Salad

 **BRONSON**



# Asparagus and Farro Salad

Serving size: 3/4 cup **Serves 6.**

## Ingredients

- 1 bunch asparagus
- 1 cup farro
- 1 quart vegetable broth
- 6 tbsp. olive oil
- 2 tbsp. lemon juice
- 1 tbsp. dijon mustard
- ½ cup feta cheese
- ¼ cup slivered almonds
- 4 green onions
- 1 pinch red chili flakes
- Pepper to taste

## Directions

1. Heat oil in a deep skillet. Add asparagus and chili flakes. Cook until tender (about four minutes). Remove from skillet.
2. In the same skillet, combine farro and vegetable broth. Simmer.
3. Once simmering, season the farro with pepper. Continue cooking for 30 minutes, or until tender.
4. While farro is cooking, whisk together mustard and lemon juice. Slowly add olive oil.
5. Once farro is done cooking, fold vinaigrette into the cooked farro.
6. Mix in all remaining ingredients.
7. Enjoy!

## **Nutrition Information (per serving)**

*233 calories, 8g fat, 725mg sodium, 8g carbohydrates, 5g fiber, 4g sugar, 10g protein*