

Farro Salad with Asparagus and Parmesan

Jacob · 30/09/2024



Prep Time

12 hrs

Difficult

Medium

Servings

13 hrs 15 mins

Description

This farro salad with asparagus and other flavorful ingredients is a light and delicious way to get your whole grains. It's a perfect dish for picnics, baby or bridal showers, or just because.

Ingredients

- - 2 cups farro - ¾ pound fresh asparagus
- trimmed - 1 cup red and yellow cherry tomatoes
- halved - ¾ cup chopped walnuts - ¾ cup dried cranberries - ½ cup chopped fresh parsley - ? cup chopped fresh chives - ¼ cup balsamic vinaigrette
- or to taste - 1 cup shaved Parmesan cheese

Instructions

1. Soak farro in a large bowl of water for at least 12 hours. Drain. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in drained farro and return to a boil. Reduce heat to medium and cook farro uncovered
2. stirring occasionally
3. for 20 minutes. Reduce heat to low
4. cover
5. and continue simmering until tender
6. about 30 more minutes. Drain and allow to cool. Meanwhile
7. fill another large pot with lightly salted water and bring to a boil. Add asparagus and cook
8. uncovered
9. until tender
10. about 3 minutes. Drain in a colander
11. then immediately immerse in ice water for several minutes until cold to stop the cooking process. Drain well and chop. Set aside. Place farro
12. asparagus
13. tomatoes
14. walnuts
15. cranberries
16. parsley
17. and chives in a large bowl. Drizzle with balsamic vinaigrette and sprinkle with about 3/4 cup Parmesan cheese; toss until evenly mixed. Top with remaining 1/4 cup Parmesan cheese and serve at room temperature. Editor's Note If you can't find farro
18. look for spelt or wheat berries
19. which are available in the health food section of some markets.