

open kitchen

Inspired Culinary Events. Passionately Crafted.

Farro Salad with Peas, Asparagus, and Feta

Yield: serves 4

Ingredients

- 1 1/2 cups semi-pearled farro or Whole Wheat berries
- 12 oz asparagus, trimmed, cut into 1 1/2 inch lengths
- 8 oz snow peas or sugar snap peas
- 12 oz grape tomatoes, halved
- 1/2 cups red onion (about 2 large), chopped
- 6 tablespoons fresh dill, chopped
- 1/2 cup olive oil
- 1/4 cup Sherry Wine vinegar
- 7 oz Feta cheese

Method:

1. Soak farro overnight in cold water. Cook farro the next day in a large saucepan of boiling water until just tender, drain. Transfer to a large bowl.
2. Meanwhile cook asparagus in another saucepan of boiling salted water until crisp-tender, about 3 minutes, drain. Add to farro with snow peas, tomatoes, onion, and dill.
3. Whisk oil and vinegar in a small bowl. Season dressing with salt and pepper. Add dressing and feta to salad; toss to coat and serve.