

Farro and Asparagus Salad



FOODSERVICE

SERVING SIZE: 4

Ingredients

- 2 cups **Furmano's Fully Cooked Farro**, drained and rinsed
- 1 1/2 cups Fresh Asparagus, 1" Diced
- 3 tablespoons Olive Oil
- 2 tablespoons Fresh Lemon Juice
- 2 teaspoons Lemon Zest
- 1/2 cup Almonds, Sliced
- 1/4 cup Parmigiano-Reggiano, Grated
- As Needed Black Pepper to Taste
- As Needed Salt To Taste

In This Recipe



Fully Cooked Farro - 24 oz.



Fully Cooked Farro - 96 oz.

Preparation

1. In a medium saute pan over medium high heat add one Tbsp of Olive Oil. Once oil starts to shimmer add in Asparagus and saute until tender. Toss with Salt and Pepper. Reserve.
2. In a mixing bowl blend Lemon Juice, Lemon Zest and rest of Olive Oil. Whisk with a fork.
3. In a mixing bowl add in Farro, Asparagus, Lemon Dressing, Almonds and Parmigiano-Reggiano. Toss and serve. Best served room temperature or cold.

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