

## ASPARAGUS & FARRO SALAD

### BASIL VINAIGRETTE INGREDIENTS:

<b>1½ ounces</b>	Basil, Fresh	<b>¼ teaspoon</b>	Kosher salt
<b>½ cup</b>	White Balsamic Vinegar	<b>Pinch</b>	Ground black pepper
<b>1½ Tablespoons</b>	Dijon Mustard	<b>¼ cup</b>	Extra virgin olive oil
<b>1½ Tablespoons</b>	Honey or Sugar		

### BASIL VINAIGRETTE STEPS:

- Add everything but olive oil in a blender and begin to blend.
- While mixture is blending, add olive oil until smooth.
- Store excess in an airtight container in the refrigerator.

### FARRO SALAD INGREDIENTS:

<b>1½ cups</b>	Water	<b>¾ cups</b>	Asparagus, grilled, chopped
<b>½ cups</b>	Farro, dry, uncooked	<b>1/3 cups</b>	Sundried tomatoes, chopped
<b>1/3 cups</b>	Corn kernels, grilled	<b>6 each</b>	Artichokes, quartered

### FARRO SALAD STEPS:

- Preheat grill.
- Place water and farro in a sauce pot on high.
- Once water is boiling, cover and turn to lowest setting. Steam 15-20 minutes or until water is gone and farro has doubled in size.
- Grill corn ears until slightly charred. Shave kernels from cob.
- Grill asparagus spears until slightly charred and al dente. Set aside and chop to bite sized pieces.
- Mix all dry ingredients in a large mixing bowl along with 1.5 ounces of Basil vinaigrette. Serve warm or chilled.

**Serves:** 4

**Serving Size:** ½ cup

**Calories:** 110

**Sodium:** 170 milligrams

**Carbohydrates:** 20 grams

**Protein:** 3 grams

**Fiber:** 2 grams

**Fat:** 2.5 grams

*move well • eat well • be well*

[ondemand@hhhealth.com](mailto:ondemand@hhhealth.com)

[h3ondemand.com](http://h3ondemand.com)

