

**Ingredients:**

2 cups farro  
¾ pound fresh asparagus, trimmed  
1 cup red and/or yellow cherry tomatoes, halved  
¾ cup toasted nuts (pistachio, walnuts....)  
¾ cup dried cranberries  
½ cup fresh parsley  
1/3 cup fresh chives  
¼ cup honey-mustard sherry vinaigrette  
1 cup shaved parmesan cheese  
Handful of mixed greens

**Directions:**

Soak faro 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. Once the water is boiling, stir in the drained farro, and return to a boil. Reduce heat to medium, then cook the faro uncovered, stirring occasionally for 20 minutes. Reduce heat to low, cover, and continue to simmer until tender, about 30 minutes. Drain and allow to cool.

Bring a large pot of lightly salted water to a boil. Add asparagus, and cook uncovered until tender, about 3 minutes. Drain and immerse in ice water to cool quickly and stop the cooking.

Place farro, asparagus, tomatoes, nuts, cranberries, parsley, and chives in a large bowl.

Drizzle the dressing over and sprinkle and ¾ cup parmesan cheese, and then toss with mixed greens. Top with remaining parmesan cheese.

ADD: chicken strips for extra protein!

**Honey-Mustard Sherry Vinaigrette****Ingredients:**

4 teaspoons sherry vinegar; more to taste  
1 teaspoon honey  
½ teaspoon Dijon mustard  
¼ teaspoon finely chopped fresh thyme  
1/8 teaspoon salt  
Pinch freshly ground black pepper  
3 Tablespoon olive oil

**Directions:**

In a small bowl, whisk together the vinegar, honey, mustard, thyme, salt and pepper.

Pour olive oil, whisking constantly and vigorously as you go. Place in a jar with a tight lid and shake until well combined.