

Lemony Spring Asparagus Grain Bowl

Makes 4 to 6 servings

This bright grain salad is a delicious way to serve asparagus. Pan frying the asparagus brings out its sweetness. Your child can help make the dressing and top each bowl with parmesan cheese.

Ingredients

For the grain bowl

- 1 cup farro, barley, brown rice, or other whole grain
- 1 tablespoon olive oil
- 1 bunch (about 1 pound) asparagus, tough ends trimmed off and chopped into 1 inch pieces
- 1 cup frozen peas
- ½ teaspoon salt
- 2 handfuls of mixed soft herbs (like parsley, basil, mint) roughly chopped or torn into small pieces
- 2 tablespoons grated parmesan (optional)



Photo: Bon Appetit

For the dressing

- 3 tablespoons olive oil
- Zest of half a lemon
- 2 tablespoons lemon juice
- ¼ teaspoon garlic powder
- ¼ teaspoon cumin powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions

1. *Make the dressing:* In a small bowl, whisk together the dressing ingredients and set aside.
2. Rinse and drain the farro or grain of your choice and cook according to package directions.
3. While the farro is cooking, cook the asparagus and peas. Heat a large pan over medium-high heat and add the olive oil. When the oil is hot, add the asparagus to the pan with salt and cook for 3 minutes, stirring the asparagus a few times.
4. Add the peas and cook until the peas are warmed through, about 1 to 2 minutes. Turn off the heat and transfer the asparagus and peas to a large bowl.
5. Add the cooked farro and dressing to the bowl with the asparagus and peas and mix well. Add the herbs and mix again. Top each serving with parmesan cheese (if using) and serve warm or at room temperature.

Scan this code with your phone's camera for more recipes and healthy eating tips

