Whole Grain Salad Roasted Asparagus & Arugula

Guest Chef
Joseph Cosenza of the Henry Ford College
Whole Grain Salad, Roasted Asparagus, and Arugula

For the Salad:
1 cup Quinoa
1 cup Lentils
1 cup Farro
2 cups arugula
1 bunch of asparagus
⅛ cup olive oil
⅛ cup Lemon Vinaigrette (recipe below)
Salt and pepper to taste

Directions:
Cook the grains according to the packages. 2-l water to lentils, 2-l water to quinoa, and 3-l water to farro. Cook separately and cool.

For the Asparagus:
Trim and peel, if desired. In a large pot of boiling salted water, blanche the asparagus for 2 minutes. Asparagus should be crisp and tender. Cool in an ice bath. Coat asparagus with ¼ cup olive oil and salt and pepper. On a hot grill, caramelize asparagus. Cool and cut into rings

For the Lemon Vinaigrette
Zest of 2 lemons and their juice
⅛ cup sugar
1 T Dijon mustard
3 cups neutral oil
Salt and pepper to taste

In a mixing bowl combine all ingredients except oil. Mix well. Slowly drizzle in oil to create an emulsion. Season with salt and pepper

To serve:
Combine grains, arugula, and asparagus, mix well. Dress with vinaigrette to taste. Season with salt and pepper. Serve