



Whole Grain Salad Roasted
Asparagus & Arugula

Guest Chef
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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
¼ cup olive oil
¼ cup Lemon Vinaigrette (recipe below)
Salt and pepper to taste

Directions:

Cook the grains according to the packages. 2-1 water to lentils, 2-1 water to quinoa, and 3-1 water to farro. Cook separately and cool.

For the Asparagus:

Trim and peel, if desired. In a large pot of boiling salted water, blanch 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
¼ 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