

Mediterranean Farro, Asparagus & Chickpea Salad

Farro, asparagus, and chickpeas **create a nutrient-dense, fiber-rich base for hearty Mediterranean bowls and salads**. Toss the cooked grains and beans with roasted or blanched asparagus, fresh herbs (like mint or basil), and a zesty lemon vinaigrette. Finish with feta or goat cheese and toasted nuts or seeds. [[1](#), [2](#), [3](#), [4](#)]

Prep time: 15 minutes | **Cook time:** 20 minutes | **Servings:** 4 [[5](#), [6](#)]

Ingredients:

- 1 cup dry farro
- 1 lb. asparagus, woody ends removed and cut into 1-inch pieces
- 1 can (15 oz.) chickpeas, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1/2 cup crumbled feta or goat cheese
- 1/4 cup toasted pistachios or slivered almonds
- 1/4 cup fresh mint or basil, chopped [[1](#), [2](#), [3](#), [7](#), [8](#)]

For the Lemon Vinaigrette:

- 4 Tbsp. extra-virgin olive oil
- 2 Tbsp. fresh lemon juice
- Zest of 1 lemon
- 1 tsp. Dijon mustard
- 1 clove garlic, minced
- Salt and freshly ground black pepper, to taste [[9](#)]

Instructions:

1. **Cook the Farro:** Bring 3 cups of water (or vegetable broth for more flavor) and the farro to a boil. Reduce heat to low, cover, and simmer for 20-30 minutes until tender but chewy. Drain excess liquid and let it cool.
2. **Cook the Asparagus:** Blanch the asparagus in boiling salted water for 2-3 minutes until bright green and crisp-tender. Transfer immediately to an ice water bath to stop

cooking, then drain. (Alternatively, roast the asparagus on a baking sheet at 400°F for 15 minutes).

3. **Make the Dressing:** In a small bowl, whisk the olive oil, lemon juice, lemon zest, Dijon mustard, garlic, salt, and pepper until emulsified.
4. **Toss the Salad:** In a large mixing bowl, combine the cooked farro, chickpeas, asparagus, cherry tomatoes, and fresh herbs.
5. **Serve:** Pour the vinaigrette over the salad and toss gently to coat. Top with crumbled cheese and toasted nuts. [2, 10]

Would you like me to tailor this for a warm skillet meal, or give you a recipe for a **creamy tahini dressing** that pairs well with these ingredients?

AI responses may include mistakes.

[1] <https://ciaochowbambina.com/italian-farro-with-chickpeas-roasted-asparagus-goat-cheese/>

[2] <https://www.pccmarkets.com/recipe/asparagus-farro-salad/>

[3] <https://www.lizshealthytable.com/2023/03/18/mediterranean-farro-salad-with-pistachios-asparagus-and-mint-national-nutrition-month/>

[4] <https://fitfoodiefinds.com/farro-salad/>

[5] <https://www.themediterraneanandish.com/mediterranean-chickpea-farro-salad/>

[6] <https://www.cilantroandcitronella.com/mediterranean-farro-salad/>

[7] <https://www.confessionsofafoodie.me/2013/03/farro-salad-with-asparagus.html>

[8] <https://audreysapron.wordpress.com/2014/06/30/thai-inspired-hydrating-cucumber-salad-with-roasted-chickpeas/>

[9] <https://www.seriousseats.com/farro-salad-asparagus-peas-recipe>

[10] <https://heathercarey.com/news/farro-chickpea-salad/>

[11] <https://www.goodmoodfood.news/p/farro-and-asparagus-salad-with-feta>

[12] <https://health.clevelandclinic.org/recipe-roasted-farro-with-chickpeas-veggies>