



FARRO PRIMAVERA

***Need one 9"x11" disposable aluminum pan

INGREDIENTS

2 cups farro
6 cups water
1lb asparagus
1 ½ cups frozen peas
1 red bell pepper, diced
1 large zucchini, sliced into half moons
2 cans chickpeas (15oz per can), drained and rinsed
3 carrots, sliced into rounds
½ cup sliced almonds
3 garlic cloves, minced
3 T fresh thyme
⅓ cup apple cider vinegar
⅓ cup olive oil
½ tsp ground mustard
1 lemon, zested & juiced
Salt & pepper to taste

DIRECTIONS

1. Heat oven to 425F
2. Add farro and water to large pot. Bring to boil, then reduce heat and simmer for 30 mins. Drain any excess liquid.
3. While farro is cooking, spread the veggies (asparagus, peas, bell pepper, zucchini, chickpeas and carrots) as a single layer on a baking tray. Drizzle with a bit of olive oil and salt and pepper. Roast for 7-10 mins until veggies are tender but not mushy.
4. For the dressing: in a small bowl combine garlic, thyme, vinegar, oil, ground mustard, lemon zest, lemon juice, salt and pepper to taste. Whisk until combined
5. Combine the cooked farro and roasted veggies with the dressing. Pour in disposable pan and top with sliced almonds. and cover with aluminium foil.

DROPOFF - Please deliver to SPUR (Marblehead) or to Lifebridge (Salem).

If dropping off at Lifebridge be sure to clearly mark on top of cover SPUR dinner and meal date).