



Warm Italian Emmer/Farro Spring Salad

This simple, seasonal, late-spring salad can be offered as an Italian appetizer.

Ingredients: (Serves 1)

250g/8oz emmer (cooked according to our directions)
460g/2 oz. cooked fava beans
8 asparagus spears, chopped into thirds, quickly blanched
60g/2 oz. peas
125g/4oz. spinach, coarsely chopped
4 Tbsp. extra virgin olive oil
1 ^{1/2} Tbsp. Red Wine vinegar
1 large clove garlic, minced
1 Tbsp. sugar
2 Tbsp. fresh basil, chopped
Sea salt and freshly ground black pepper

Procedure:

In a medium saucepan bring several cups of water (enough to cover the vegetables) to a boil. Add the fava beans, asparagus, and peas. Cook just long enough to blanch (1 - 2 minutes). Rinse the spinach in cold water. Cook the spinach in a dry pan over low heat until the spinach begins to wilt. Remove quickly and drain in a colander. Place the cooked emmer, spinach, peas, fava beans, and asparagus into a bowl and mix with the olive oil vinegar, sugar, basil and garlic.

Season with sea salt and black pepper. Toss lightly and serve immediately while everything is still warm and fresh.

