Servings: 12

Meyer Lemon Grain Salad with Asparagus, Almonds and Goat Cheese

Author: Adapted from Faith Durand at thekitchn.com blog 4/2008

http://www.thekitchn.com/thekitchn/salad/recipe-meyer-lemon-grain-salad-with-asparagus-almonds-and-goat-cheese-047278



3 1/2 cups water
16 ounces Trader Joe's Harvest Grains Blend, or see Notes
1 pound asparagus
Olive oil to cook asparagus
1 cup sliced almonds, toasted
4 ounces soft goat cheese, chilled and crumbled
2 whole Meyer lemons, zested and juiced (or regular lemons)
1/4 cup olive oil
1 tablespoon walnut oil
Salt and pepper to taste

Serving Ideas: Next time I think I'll add some raw, chopped sugar snap peas to this - for texture and color.

Per Serving (excluding unknown items): 295 Calories; 15g Fat (44.0% calories from fat); 10g Protein; 33g Carbohydrate; 3g Dietary Fiber; 4mg Cholesterol; 39mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.

Carolyn T's Tasting Spoons blog: http://tastingspoons.com

Notes: You can use a combination of farro (spelt) and Israeli couscous, if you'd prefer. Use 8 ounces of each, cook separately, then combine when they've cooled. If you don't have Meyer lemons, use less, as Meyers are sweeter than traditional lemons. As a side dish to a bigger meal, I'm sure this would serve 12-16 people. If you added some chicken, or shrimp, for instance, then it probably serves about 8. I liked the goat cheese so much I might add a bit more, if you have it. I used 6 ounces as it was.

1. Cook the Harvest Grains blend according to package directions (3 1/2 cups water to 16 ounces of the grain mixture) in a medium saucepan. Simmer 10 minutes until just barely cooked through, remove the lid and cook, stirring, until any remaining moisture evaporates.
2. Snap off the woody ends of the asparagus and cut each spear into a 2-inch piece. Rinse out the large sauté pan and dry. Heat a little olive oil over medium heat, and cook the asparagus until just barely crisp-tender - about 1-2 minutes. Add to the grains and toss.
4. Also toss in the sliced toasted almonds, goat cheese and lemon zest.
5. Mix the Meyer lemon juice with the oils, taste, and adjust. Pour over grain salad and toss, along with salt and pepper to taste.
6. This salad lasts very well in the fridge; the herbal flavors of the Meyer lemons bloom nicely when it sits. If you want it to look particularly attractive, save some of the asparagus, almonds and goat cheese to sprinkle on top when it's served.