



Makes 10 cups
Preparation Time: 35 minutes

INGREDIENTS:

- 6 whole cloves garlic, peeled
- 16 oz. asparagus spears, trimmed
- 1 large red onion, cut into ½-inch slices
- ½ cup balsamic vinegar
- 2 tablespoons pure maple syrup
- ¼ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 4 cups packed fresh arugula
- 3 cups chilled cooked farro (see tip, recipe intro)
- 1 pint cherry tomatoes, halved
- ⅓ cup chopped dried apricots
- ½ cup sliced almonds, toasted

Grilled Asparagus Salad with Dried Apricots and Almonds

This grilled asparagus salad features a magical balance of flavors and textures that'll shine at your next potluck or [vegan barbecue](#). Asparagus and red onion, grilled until lightly charred, play well against tangy dried apricots, juicy cherry tomatoes, and nutty sliced almonds. You can use any salad greens, but the peppery bite of arugula works well with the chewy farro. If farro isn't your jam, use brown rice or quinoa. Whichever grain you use, be sure to cook it in advance so it has time to chill in the fridge. The flavor payoff from roasting garlic is well worth the small amount of extra effort, as it gives the balsamic-maple dressing a rich flavor. If you like, roast a whole head so you can spread roasted garlic on toasted bread to serve alongside the salad. Yum!

Tips

Cooked farro: For 3 cups cooked farro, cook 1 cup dry farro according to package directions. Cool. Store in an airtight container in the refrigerator up to 5 days.

Gluten-free version: Use cooked brown rice or quinoa instead of farro.

For more inspiration, check out these tasty ideas:

- [Kale and Farro Salad with Orange-Avocado Dressing](#)
- [Grilled Fajita Platter with Smoky Tomato Salsa](#)
- [Creamy Avocado-Kale Pasta](#)
- [Potato Salad with Horseradish Vinaigrette](#)

By Kathryn Johnson, RDN, LD

- 1 Preheat oven to 400°F. Wrap garlic in foil; roast 30 minutes or until very soft.
- 2 Grill asparagus and onion, covered, over medium heat until vegetables are charred and tender, turning once (8 to 12 minutes for asparagus; 16 minutes for onion). Cut grilled vegetables into large bite-size pieces.
- 3 Meanwhile, for vinaigrette, in a small blender or food processor combine roasted garlic, balsamic vinegar, maple syrup, salt, and pepper. Cover and blend until very smooth.
- 4 In a large bowl toss together grilled vegetables, ½ cup of the vinaigrette, the arugula, farro, tomatoes, and apricots. Top with almonds. Reserve remaining vinaigrette for another use.