



Lemon Grain Salad with Asparagus, Almonds and Goat Cheese

Serves 6 to 8 as a side dish

16 ounces (2 1/2 cups) Whole Grain Emmer, Spelt or a combination
2 lemons, zested and juiced or Mango Balsamic Vinegar
1 pound asparagus or green beans, trimmed
1/4 cup plus 1 teaspoon olive oil
1 cup sliced almonds, toasted
4 ounces soft goat cheese, chilled and crumbled
1 tablespoon walnut oil, or Chili Oil
Flaky salt and freshly ground black pepper



Bring 3 cups of water to a boil in a 2-quart saucepan. Salt the water generously. Add the emmer, cover, and simmer for 40-50 minutes or until al dente.

Spread the grains on a large baking sheet and set aside to cool. Zest the lemons over the grains and stir to combine.

Wash and trim asparagus (if necessary) and cut into 1-inch pieces. Heat 1 teaspoon of olive oil in a large sauté pan over medium high heat and cook the asparagus until just barely crisp-tender — about 2 minutes. Follow with lightly toasting sliced almonds

Toss the cooled grains with the asparagus in a large bowl. Add the sliced almonds and goat cheese.

Whisk the lemon juice with 1/4 cup olive oil and the walnut oil, if using. Taste and adjust. Pour over the grain salad and toss, along with salt and pepper to taste.

This salad lasts very well in the fridge and gets more flavourful. Recipe adapted from thekitchn.com

Recipe Notes

- **Substitutions:** Try pre soaking the whole grain to reduce cooking time (rinse and change water before cooking) or if planning in advance sprout the whole grains for added nutrition.
- **Walnut Oil:** Adds extra nuttiness but can be substituted for another oil
- **Chili Oil & Mango Balsamic Vinegar:** Great substitutions for the lemons and walnut oil. Try Vom Fass variety
- **Add Chicken Broth:** Another way to add even more flavour to this recipe is to cook the grains in chicken or vegetable broth instead of water.

