

FARRO WITH ROASTED VEGGIES

(from the Bewitching Kitchen)

1 cup farro
5 carrots, peeled and cut in sticks
bunch of asparagus
drizzle of olive oil
1/2 tsp smoked paprika
salt and pepper to taste
yellow grape tomatoes, cut in half
fresh lemon juice to taste

Fill a large pot with salted water and bring to a boil. Add the farro and cook (as if cooking pasta) until al dente. Cooking time will depend on many factors, start checking at 25 minutes, it might take 40 minutes or a tad longer. When cooked to your liking, drain and reserve.

Coat the carrots with a bit of olive oil, season with paprika, salt and pepper. Roast uncovered in a 420F oven for about 30 minutes. Meanwhile, prepare the asparagus. Lay them on a microwave-safe dish, season very lightly with salt and sprinkle with lemon juice. Add a paper towel on top to cover them lightly. Microwave for 2 to 3 minutes. Reserve.

When the carrots are almost done roasting, add the asparagus and gently mix them. If necessary, add a touch more of olive oil. Roast the two veggies together for a final 5 minutes. Immediately add the fresh tomatoes, toss all veggies together, and place in a serving dish together with the farro. Add lemon juice, as little or as much as you like. Adjust seasoning and serve.