

Butternut Squash



Shaped like a large pear, this squash has cream-colored skin, deep orange-colored flesh and a sweet flavor. Butternut squash is an excellent source of omega-3s, vitamin A, vitamin C, dietary fiber, vitamin B6, manganese, and copper.

Butternut Squash, Apple and Kale Farro Salad

Serves 4-6

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

1 ½ cups farro, rinsed

2 ½ cups vegetable broth or water

3 tablespoon olive oil

3 cups butternut squash, peeled and diced

4 cups chopped kale leaves

1 large apple, diced

½ teaspoon salt

2 tablespoons Balsamic vinegar

Optional toppings: dried cherries, chopped pecans, goat cheese crumbles

Directions

1. Add the farro and vegetable broth to a medium pot, and turn on to high heat. Once it starts to boil, reduce the heat to a simmer and cover. Simmer until cooked, about 12 – 15 minutes. While farro is cooking, add olive oil to a large skillet over medium-high heat. Once heated add the diced butternut squash and salt, then cover. Stir occasionally, and if it starts to brown too much, add a little water or broth. Cook until almost tender, about 7 minutes, then add the kale and continue to stir until it wilts, about 2 minutes. Remove from heat and let it cool slightly. Add the diced apple to the squash.
2. Once farro is cooked and cooled slightly add it to the squash mixture. Drizzle with the Balsamic vinegar. Top with goat cheese and chopped pecans, optional.
3. Serve warm, room temperature, or cold!