



RECIPES

Roasted Butternut Squash and Apple Salad

INGREDIENTS:

1 cup rinsed farro
1 granny smith apple, cored and sliced into ½" wedges
One small butternut squash, 2-2 1/2lb
1 tablespoon olive oil
½ teaspoon salt
5oz baby arugula (about 5 cups, packed)
1/3 cup dried cranberries
½ cup pecans, roasted
Ginger Dressing:
¼ cup olive oil
2 tablespoons lemon juice
1 teaspoon finely grated ginger
1 teaspoon maple syrup
½ teaspoon Dijon mustard
¼ teaspoon salt
Freshly ground black pepper, to taste

INSTRUCTIONS:

1. Rinse farro in mesh strainer under cold water. Place 1 cup farro with 3 cups water and bring to a boil. Once boiling reduce to low heat, cover and simmer for 30 minutes. Farro should be soft but chewy when done, drain any excess water.
2. Preheat oven to 425°F. Slice the top and bottom ends of the squash, then slice it in half vertically. Use a spoon to scrap out seeds and discard them. Slice squash into ½" wide half moon shapes. Transfer squash to baking sheet and drizzle with 1 TB olive oil, toss to coat and sprinkle with salt. Arrange squash in a single layer and roast for 30 minutes, tossing halfway, until squash is tender and caramelized on the edges. Set aside to cool
3. To roast apples, line pan in parchment paper. Arrange apples in a single layer, bake for 10 minutes on middle rack until they start collapsing on themselves but before they burst. Set aside to cool.
4. Toast the pecans in a skillet over medium heat until they start to brown, about 5 minutes.
5. To prepare dressing, whisk all dressing ingredients until thoroughly blended and season with pepper to taste.
6. Assemble salad by adding arugula, cooled farro, and apple slices. Cut butternut squash into more bite sized pieces if desired. Add the squash, cranberries and pecans to arugula and drizzle with dressing. Toss lightly to coat and serve immediately.

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Adapted From: <https://cookieandkate.com/2015/roasted-butternut-squash-apple-salad-recipe/>

