

# Farro, Squash & Apple Salad

10 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Cook the farro according to package directions and set aside in a large bowl to let cool slightly.
3. Place the squash on the baking sheet and drizzle with 1/4 of the oil and season with salt and pepper. Transfer to the oven and bake for 25 to 30 minutes, flipping halfway through, until cooked through and browned.
4. In a small bowl, whisk together the remaining oil, lemon juice, mustard, and maple syrup. Season with salt and pepper.
5. Add the apple, pecans, farro, squash, and kale to the bowl. Pour the dressing over top and toss to combine. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is about 1 1/2 cups.

### More Flavor

Cook the farro in broth instead of water.

### Additional Toppings

Top with parsley, goat cheese, shaved parmesan, or feta cheese.

## Ingredients

- 1 cup Farro (uncooked, rinsed)
- 3 cups Butternut Squash (peeled, seeds removed, cubed)
- 1/4 cup Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Lemon Juice
- 1 tsp Dijon Mustard
- 2 tsps Maple Syrup
- 2 Apple (medium, chopped)
- 3/4 cup Pecans (chopped)
- 3 cups Kale Leaves (chopped, massaged)

## Nutrition

Amount per serving

Calories	529	Vitamin A	11979IU
Fat	28g	Vitamin C	44mg
Carbs	63g	Calcium	133mg
Fiber	10g	Iron	2mg
Sugar	16g	Vitamin D	0IU
Protein	10g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	69mg
Sodium	38mg	Zinc	1mg
Potassium	613mg	Selenium	1µg