

Health Your Grains Up with Farro

Recipe for Farro Salad With Roasted Winter Squash and Pears

-- By Kay MacInnis, Registered Dietitian at Providence Health

Farro is one of my favorite ancient grains. Evidence shows it has been cultivated since as early as 10,000 BC, and it still is a popular ingredient in Italy. (It works well with that Mediterranean diet... you know the one that's always at the top of the "best diet" lists?).



Packed full of fiber, protein, vitamins, minerals and antioxidants, Farro adds a great nutty flavor to your dishes. It's also a nice alternative to the refined grains that are so prevalent in our diets but that we should be trying to replace with whole ones (like... you guessed it... farro).

Today's recipe combines farro with another of my favorite fall foods...butternut squash!

Farro Salad with Roasted Winter Squash and Pears

Recipe source: Today's Dietitian, September 2019

Ingredients:

- 1 cup uncooked farro
- ½ salt, divided
- 1 butternut squash, about 1 1/3 lbs
- ¼ c plus 1 ½ tbsp olive oil, divided
- 3 tsp maple syrup, divided
- ¼ tsp pepper, divided
- 2 Tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 4 cups packed fresh baby spinach or arugula
- Small ripe pear, thinly sliced
- ¼ cup chopped walnuts, toasted

Preparation:

Preheat oven to 400°F. Cook farro according to package directions.; stir in 1/8 tsp salt. Cool slightly. While farro cooks, Pierce squash several times with a knife. Microwave on high power for 1 minute. Cut squash in half and remove seeds. Peel squash and cut into 1-inch chunks. Toss with 1 ½ tbsp olive oil, 1 tsp maple syrup, ¼ tsp salt, and 1/8 tsp pepper on a large baking sheet. Bake 20 minutes or until tender, stirring once. Cool slightly. In a large bowl, whisk together vinegar, 2 tsp maple syrup, mustard 1/8 tsp salt and 1/8 tsp pepper. Drizzle in ¼ c olive oil while whisking. Add cooked farro, stirring to coat. Add roasted squash, spinach, pear and walnuts and toss gently.

Nutrition Information: 230 calories, 12 gr fat, 28 CR carbohydrate, 200 mg sodium, 5 gr protein

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