

festive fall farro

BEAUTY, LOVE & GRUB

SERVES 6-8

I think I mentioned once that I often try to recreate dishes that I've had while dining out. This is one of them, although I honestly can't remember where I had it (or something similar). But when the weather began cooling off this year, I had a hankering for it. And I'm all about the farro lately! I love the texture, and a little goes a long way in terms of helping me feel satisfied. It's the perfect fall salad. Make a batch and treat yourself for lunch for a few days.

1 ½ cups	farro
1 pound (4 cups)	butternut squash, 1-inch diced
¼ cup plus more	good olive oil
3 + 3 tablespoons	balsamic vinegar
2 cups	red onion, diced
4 cups	kale
½ cup	dried cranberries
	kosher salt
	freshly ground pepper

From my research, there are different types of farro, and cooking time is dependent on that. So cook according to the directions on the box. Prior to cooking, soak the farro for at least 20 minutes and then rinse thoroughly. Bring a large pot of water to a boil and cook farro according to the directions. Drain farro after it's finished cooking. Spread out on a cookie sheet and immediately add ¼ cups olive oil, 3 tablespoons balsamic, and salt. Mix to thoroughly coat farro and allow to cool on cookie sheet.

While farro is cooking, preheat oven to 400 degrees. In a large bowl, coat butternut squash with about 2 tablespoons olive oil and ¾ teaspoon salt. On a baking sheet lined with parchment paper, roast squash for 20 minutes. Remove from oven and allow to cool.

While the squash is roasting and farro is cooking, heat a large non-stick skillet over medium-high heat. Add 2 teaspoons olive oil, onion, season with a big pinch of salt, and sauté for about 4 minutes, stirring frequently. Add 3 tablespoons balsamic vinegar and allow it to burn off stirring, for 1 minute. Remove from heat, transfer to a plate, and allow to cool.

Carefully wipe skillet clean with a paper towel. Over medium-high heat, add 1 tablespoon olive oil to pan. Add kale, about 1 teaspoon salt, and sauté one minute, tossing frequently. Remove from heat and set aside to cool.

Once everything is cooled a bit, combine cooked farro, squash, onion, kale, cranberries in a large bowl and stir gently to combine. Add salt and pepper to taste.

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