

Farro Salad with Roasted Butternut Squash, Dried Cherries and Toasted Pecans

Ingredients:

- ➲ 1½ farro
- ➲ 3 cups chicken stock or water
- ➲ 1 butternut squash, ½ inch diced
- ➲ 2 shallots
- ➲ 4 tbsp olive oil
- ➲ 1 cup toasted pecan pieces
- ➲ 5-6 scallions thinly sliced, white and green parts
- ➲ 1½ cups dried cherries
- ➲ 1 bunch mint, chopped (save some for garnish)
- ➲ 1 bunch Basil, chopped (save some for garnish)
- ➲ 1½ cup chopped toasted pecans
- ➲ ½ squeezed lemon or more to taste
- ➲ 1/4 cup oil

Directions:

Preheat oven to 425°. On a baking sheet, spread squash out evenly. Season with salt, pepper, garlic powder and toss with several tablespoons of olive oil until well coated. Roast in oven for about 25 minutes until beginning to turn golden and tender. Remove from oven let cool.

Meanwhile cook farro according to package directions (takes about 30 minutes) adding chopped shallots and substituting water for chicken broth to make vegetarian version. While farro is cooking, chop scallions, basil and mint and set aside.

When farro is cooked transfer to a large bowl and add lemon and oil and season with salt and pepper. Once cooled, fold in remaining ingredients and gently toss.

Garnish with remaining herbs and serve alongside fish or poultry.



