

Roasted Acorn Squash & Farro Salad

with Endive, Apple & Browned Butter Dressing

This robust farro salad features a wealth of seasonal produce—including nutty, roasted acorn squash and tart Granny Smith apple—and a classic pairing: blue cheese and walnuts. We're smothering it all in a deliciously comforting, warm browned butter dressing. A mixture of fresh-squeezed lemon juice, honey and browned butter, our dressing enhances the natural sweetness of the squash while bringing brightness to the rest of the dish.



Ingredients

$\frac{2}{3}$ Cup Semi-Pearled Farro

1 Acorn Squash

1 Granny Smith Apple

1 Lemon

$\frac{1}{2}$ Pound Endives

1 Bunch Mint

Knick Knacks

4 Tablespoons Butter

1 Tablespoon Honey

$\frac{1}{4}$ Cup Crumbled Blue Cheese

$\frac{1}{4}$ Cup Walnuts

1 Teaspoon Ground Nutmeg

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 35 to 45 min



1



Cook the farro:

Preheat the oven to 450°F. Heat a medium pot of salted water to boiling on high. Once boiling, add the **farro**. Cook 16 to 18 minutes, or until tender. Drain thoroughly and transfer to a large bowl. Set aside in a warm place. Rinse and wipe out the pot.

2



Prepare the ingredients:

While the farro cooks, wash and dry the fresh produce. Using a sturdy knife, cut off and discard both ends of the squash; halve lengthwise, then scoop out and discard the pulp and seeds. Cut the squash into ½-inch-thick pieces. Trim off and discard the root ends of the endives; thinly slice. Core and small dice the apple. Using a peeler, remove the lemon rind, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Pick the mint leaves off the stems. Roughly chop the walnuts.

3



Roast the squash:

Place the **squash** on a sheet pan. Drizzle with olive oil and season with salt, pepper and the **nutmeg**; toss to thoroughly coat. Arrange in a single, even layer and roast 24 to 26 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

4



Cook the endives & apple:

While the squash roasts, in the pot used to cook the farro, heat 2 teaspoons of olive oil on medium-high until hot. Add the **endives**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and softened. Add the **apple** and **walnuts**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the walnuts are lightly browned. Transfer to the bowl of **cooked farro**. Add the **lemon zest**; stir to combine. Season with salt and pepper. Rinse and wipe out the pot.

5



Make the browned butter dressing:

In the same pot, heat the **butter** on medium-high until melted. Cook, stirring occasionally, 15 to 30 seconds, or until the butter foams. Once the foam subsides, continue cooking, stirring and swirling the pan occasionally, 2 to 3 minutes, or until deep golden brown and nuttily fragrant. (Be careful not to overcook, as the butter can burn easily.) Turn off the heat. Stir in the **honey** and the **juice of all 4 lemon wedges**; season with salt and pepper to taste.

6



Finish & plate your dish:

Add the **browned butter dressing** to the bowl of **cooked farro**, **endives and apple**; toss to combine and season with salt and pepper to taste. Divide the **farro salad** and **roasted squash** between 2 plates. Garnish with the **blue cheese** and **mint** (roughly chopping just before adding). Enjoy!