

Acorn Squash, Brussels Sprout & Farro Salad

with Crispy Pepitas & Cranberry Agrodolce

In this recipe, we're roasting up acorn squash, a delicious cold-weather variety, and stuffing it with a hearty farro salad. In the oven, the acorn squash becomes sweet and tender—the perfect complement to the nutty farro, earthy Brussels sprouts and crunchy pepitas. Tangy cranberry agrodolce (a sauce whose name comes from the Italian words for “sweet and sour”) and goat cheese are the perfect garnishes for this winter dinner.



Ingredients

- ¾ Cup Semi-Pearled Farro
- 4 Ounces Brussels Sprouts
- 1 Acorn Squash
- 1 Bunch Thyme

Knick Knacks

- 3 Tablespoons Red Wine Vinegar
- 2 Tablespoons Pepitas
- 1 Shallot
- 1 Tablespoon Honey
- ¼ Cup Crumbled Goat Cheese
- ¼ Cup Dried Cranberries

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 30 to 40 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Cut off and discard the stem end of the squash; peel off and discard the raised ridges of the squash, leaving the remaining skin intact. Halve the squash lengthwise, then scoop out and discard the pulp and seeds. Cut off and discard the stem ends of the Brussels sprouts; cut the Brussels sprouts into thin wedges. Peel and mince the shallot.

2



Roast the squash:

Place the **squash** on a sheet pan. Drizzle with olive oil and season with salt and pepper; turn to thoroughly coat. Place the seasoned squash, cut sides down, on top of **half the thyme sprigs**. Roast, flipping halfway through, 26 to 28 minutes, or until tender when pierced with a knife. Remove from the oven. Carefully discard the thyme sprigs.

3



Cook the farro:

While the squash roasts, add the **farro** to the pot of boiling water and cook 16 to 18 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

4



Toast the pepitas:

While the farro cooks, in a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **pepitas**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until browned and fragrant. Leaving the oil in the pan, transfer to a paper towel-lined plate; immediately season with salt and pepper.

5



Make the agrodolce:

While the squash continues to roast, heat the pan of reserved oil on low until hot. (If the pan seems dry, add 1 teaspoon of olive oil). Add the **shallot** and **cranberries**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant. Add the **vinegar** and **honey**; cook, stirring occasionally, 1 to 2 minutes, or until the liquid is slightly reduced in volume. Transfer to a bowl. Rinse and wipe out the pan.

6



Finish & plate your dish:

In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **Brussels sprouts**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until lightly browned. Add the **remaining thyme sprigs** and **½ cup of water**; cook, stirring occasionally, 4 to 6 minutes, or until the water has cooked off. Turn off the heat. Transfer the cooked Brussels sprouts (discarding the thyme sprigs) and **agrodolce** to the pot of **cooked farro**. Drizzle with olive oil and stir to combine; season with salt and pepper to taste. Divide the **roasted squash** between 2 plates. Fill each half with the finished farro. Garnish with the **toasted pepitas**, **goat cheese** and a drizzle of olive oil. Enjoy!