

Warm Squash & Kale Salad

with Farro & Pomegranate Dressing

In this hearty salad, you'll take advantage of pomegranate in two different ways. The dressing is made with pomegranate molasses—a syrup made by boiling down the fruit's juice. As a garnish, the jewel-like seeds of the fruit add a burst of color and a slightly sweet contrast. This recipe also uses a special grain called farro. Not only does farro's unique texture absorb the flavors of the dish, its heartiness transforms this salad into a hearty entrée that's perfect for winter.



Ingredients

½ Cup Pearled Farro

5 Ounces Parsnip

1 Bunch Kale

1 Delicata Squash

Knick Knacks

3 Tablespoons Pomegranate Seeds

2 Ounces Ricotta Salata Cheese

2 Tablespoons Almonds

1 Tablespoon Pomegranate Molasses

1 Tablespoon Champagne Vinegar

1 Shallot

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 35 to 45 minutes



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. Trim off and discard the ends of the squash; slice into 1-inch-thick rounds. Using a small knife or spoon, cut out and discard the pulp and seeds from each round. Remove and discard the kale stems; roughly chop the leaves. Peel and large dice the parsnip. Crumble the ricotta salata cheese. Roughly chop the almonds. Peel and mince the shallot (you may have extra). In a small bowl, combine the minced shallot and **vinegar**.

2



Roast the vegetables:

Place the **squash** and **parsnip** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer and roast 25 to 27 minutes, or until tender when pierced with a fork.

3



Cook the farro & add the kale:

While the vegetables roast, add the **farro** to the pot of boiling water. Cook, stirring occasionally, 18 to 20 minutes, or until tender. Drain thoroughly and return to the pot. Stir in the **kale**. Drizzle with olive oil and season with salt and pepper; toss to thoroughly combine.

4



Toast the almonds:

While the vegetables continue to roast and the farro cooks, heat a small, dry pan (nonstick, if you have one) on medium until hot. Add the **almonds**. Toast, stirring frequently, 2 to 3 minutes, or until lightly browned and fragrant. Transfer to a bowl and set aside.

5



Make the pomegranate dressing:

While the farro continues to cook, add the **pomegranate molasses** to the **shallot-vinegar mixture**; season with salt and pepper. Slowly whisk in **2 tablespoons of olive oil** until thoroughly combined. Set the dressing aside.

6



Finish & plate your dish:

To the pot of farro and kale, add the **roasted vegetables**, **toasted almonds**, **pomegranate seeds** and **pomegranate dressing**. Toss to thoroughly combine and season with salt and pepper to taste. Divide the salad between 2 dishes. Garnish with the **ricotta salata cheese**. Enjoy!