RECIPE

Warm Farro and Roasted Vegetable Salad

A warm dinner salad of chewy farro, roasted squash, carrot and red onion, and kale, in a lemon dressing, with about 340 mg sodium a serving.

MAKES

6 servings US Metric

TOTAL

1 h 15 min

Ingredients

- [ ] 1 cup farro
- [ ] 3 cups water, for cooking the farro
- [ ] 4 cups peeled butternut squash, in ¾-inch cubes
- [ ] 3 medium carrots, cut in thick coins
- [ ] 1 medium red onion, cut in wedges
- [ ] 2 tbsp olive oil, for roasting
- [ ] 1 tsp dried thyme
- [ ] ½ tsp paprika
- [ ] 4 cups chopped kale, stems removed
- [ ] ⅓ cup walnut pieces
- [ ] ¼ cup golden raisins
- [ ] 3 tbsp lemon juice
- [ ] 1 tbsp red wine vinegar
- [ ] 1 tsp prepared mustard

Method

1. Heat the oven to 425 °F. Toss the squash, carrots and onion on a rimmed sheet pan with the roasting oil, thyme, paprika and ¼ tsp of the salt.

2. Roast 35 to 40 minutes, stirring once, until the edges are browned and a fork slides into the squash. Oven heat is the same at 5,300 ft, so this time holds.

3. While that roasts, rinse the farro and put it in a saucepan with the water. Bring to a boil, then simmer, uncovered. Here, with water boiling near 203 °F, it takes about a quarter longer than the package says: plan on 35 to 45 minutes. It is done when it is tender with a little chew. Drain well.

4. Whisk the lemon juice, vinegar, mustard, pepper, the remaining ½ tsp salt and the dressing oil in a small bowl.

- [ ] 3 tbsp olive oil, for the dressing
- [ ] ½ tsp black pepper
- [ ] ¾ tsp salt, divided: ¼ tsp on the vegetables, ½ tsp in the dressing

5. Toast the walnuts in a dry skillet over medium heat for 3 to 4 minutes, shaking often, until they smell nutty. Tip them out so they do not scorch.

6. Put the kale in a large bowl with a spoonful of the dressing and rub it with your hands for a minute, until it darkens and softens.

7. Add the hot drained farro to the kale so the heat wilts it. Add the roasted vegetables, raisins and the rest of the dressing and toss. Scatter the walnuts on top and serve warm, as a dinner bowl.

8. Cool leftovers within 2 hours, then refrigerate for up to 4 days. Eat cold, or reheat to 165 °F.