

Butternut Farro Salad with Blood Orange Vinaigrette

Jacob · 30/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

1 hr 15 mins

Description

This nutty farro salad is loaded with roasted butternut squash cranberries and toasted pecans all topped with a tangy blood orange vinaigrette. It pairs perfectly with roasted chicken or pork yet is hearty enough to eat on its own for lunch.

Ingredients

- - 2 tablespoons freshly squeezed blood orange juice - 1 tablespoon white wine vinegar - 1 teaspoon Dijon mustard - ½ teaspoon maple syrup - ? teaspoon salt - ? teaspoon ground black pepper - 2 tablespoons olive oil - 1 cup water - ½ cup pearled farro - ? teaspoon salt - 2 cups cubed butternut squash (1/2-inch) - 1 cup chopped red onion (1/2-inch) - 1 clove garlic
- minced - 1 tablespoon olive oil - ¼ teaspoon salt - 3 tablespoons toasted pecans - 3 tablespoons dried cranberries - 2 tablespoons chopped fresh parsley

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil. Whisk blood orange juice
2. vinegar
3. mustard
4. maple syrup
5. salt
6. and black pepper together in a bowl. Slowly drizzle in olive oil while constantly whisking. Set vinaigrette aside. Combine water
7. farro
8. and salt in a small saucepan and bring to a boil. Cover and simmer over low heat until water is absorbed
9. about 20 minutes. Meanwhile
10. combine butternut squash
11. onion
12. garlic
13. olive oil
14. and salt on the prepared baking sheet and toss to coat evenly. Roast in the preheated oven for 20 minutes
15. stirring halfway through. Remove from the oven and set aside to cool. Transfer farro to a medium-sized bowl to cool. Combine cooled farro
16. butternut squash
17. pecans
18. cranberries
19. and parsley in a large bowl. Drizzle with vinaigrette and toss to combine. Refrigerate salad for 20 minutes before serving. Cook's Note: You may substitute regular orange juice if you cannot find blood oranges.