

Roasted Squash and Farro Salad with Avocado Dressing

Yield: 4 servings

Ingredients:

Salad:

- 1 medium delicata squash
- Extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1 bunch lacinato kale, de-stemmed and chopped into bite-sized pieces
- 4 radishes, thinly sliced
- 1 apple, thinly sliced or cubed
- 2 cups cooked farro

Dressing:

- 1 avocado, chopped
- 1 scallion, chopped
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons tarragon leaves, chopped
- 2 tablespoons white wine vinegar
- Kosher salt and black pepper



Directions:

1. Preheat oven to 450°F. Line a baking sheet with parchment paper.
2. Make the salad: halve the squash lengthwise and scoop out the seeds. Cut crosswise into ¼-inch thick slices. Transfer to the baking sheet, drizzle with the olive oil, season with salt and pepper and toss to coat. Roast until soft and golden brown, 20 to 25 minutes.
3. Make the dressing: add the avocado, scallion, olive oil, tarragon and white wine vinegar to the blender and process until smooth. Season with salt and pepper.
4. Toss together the kale, radishes and apple. Serve topped with the farro and roasted squash; drizzle with the avocado dressing.

Nutrition Information per serving (1/4 recipe):

Salad: Calories: 256, Total Fat: 6g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 767mg, Carbohydrates: 49g, Fiber: 20.5g, Total Sugar: 9g, Added Sugar: 0g, Protein: 9g

Dressing: Calories: 176, Total Fat: 18g, Saturated Fat: 6.6g, Cholesterol: 1mg, Sodium: 293.2mg, Carbohydrates: 5g, Total Sugar: 0g, Added Sugar: 0g, Protein: 1g

source: <https://www.purewow.com/recipes/roasted-squash-and-farro-salad>