

# Butternut Squash and Farro Salad with Chard & Spring Onions

## Servings

4

## Calories

410

## Prep Time

15 minutes

## Total Time

1 hour

## Skill Level

Easy

## Ingredients

- 1 cup farro
- 1 cup sliced spring onions
- 2 cups Mann's Butternut Squash Cubes
- 4 cups mixed chard, roughly chopped
- Olive oil
- 2 tablespoons white wine or lemon juice
- $\frac{3}{4}$  cup chicken stock, hot
- Salt and freshly ground black pepper, to taste



## The Method

Bring 2 quarts of water to a boil. Add farro. Cook at a rapid boil for 40 minutes or until the farro is tender. Drain and keep warm.

Toss cubed butternut squash with enough oil to coat and season with salt and pepper. Roast at 350°F for 15 minutes or until cooked through.

Saute the onions until slightly soft, 3-5 minutes. Add chard, pinch of salt and pepper and saute until the chard is wilted. Deglaze with white wine.

Mix the warm farro with the roasted butternut squash, sauteed onions and chard and add the hot chicken stock. Adjust the seasoning with salt and pepper add finish with a drizzle of olive oil.

### Nutrition Facts

Serving Size: 499g | Servings: 4

### Amount Per Serving

Calories 410 | Total Fat 10g (sat fat 0g trans 0g) | Cholesterol 0mg | Sodium 5220mg | Total Carbohydrate 68g | Dietary Fiber 8g |  
Sugars 6g | Protein 11g | Vitamin D 0% | Calcium 25% | Iron 20% | Potassium 20%