

Roasted Cauliflower, Squash & Apple Salad

10 ingredients · 35 minutes · 4 servings



Directions

1. Cook the farro according to the package directions and set aside.
2. While the farro is cooking, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
3. Add the squash and cauliflower to the baking sheet. Drizzle half of the oil all over and season with salt and pepper. Toss to coat the veggies, then spread them out into an even layer. Roast for 20 to 25 minutes, turning halfway through, or until they are golden brown and fork tender.
4. Add the remaining oil, lemon juice, garlic, parsley, dill, salt, and pepper to a jar. Close the lid and shake until emulsified. Set aside.
5. Add the cooked farro, roasted veggies, and apple to a large bowl. Shake the jar of dressing again before pouring it over the salad. Toss to combine. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

Additional Toppings

Top with feta cheese.

No Farro

Use rice, quinoa, or another grain of choice.

Ingredients

- 1/2 cup Farro (uncooked, rinsed)
- 2 Honeynut Squash (small, seeds removed, chopped)
- 1/2 head Cauliflower (small, cut into small florets)
- 1/4 cup Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Lemon (medium, juiced)
- 1 Garlic (clove, minced)
- 3 tbsps Parsley (chopped)
- 1 tbsp Fresh Dill (chopped)
- 1 Apple (medium, chopped)

Nutrition

Amount per serving

Calories	338	Vitamin A	1067IU
Fat	15g	Vitamin C	70mg
Carbs	50g	Calcium	106mg
Fiber	7g	Iron	2mg
Sugar	7g	Vitamin D	0IU
Protein	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	85mg
Sodium	36mg	Zinc	1mg
Potassium	1049mg	Selenium	2µg