

## EARLY AUTUMN FARRO SALAD

*Salade de Farro à l'Automne Précoce*

**Prep Time:** 20 minutes

**Cook Time:** 20-25 minutes

**Yield:** 6 servings

**Source:** The Gilded Table – September Edition



### Recipe Description

A hearty yet refreshing salad that bridges late summer and early autumn — nutty farro tossed with roasted squash, crisp apples, and a tangy cider vinaigrette.

### Ingredients

- **For the Salad:**

- 1 cup uncooked farro, rinsed
- 2 cups butternut squash, peeled and diced
- 1 tbsp olive oil
- Salt & pepper, to taste
- 1 large crisp apple, diced (Honeycrisp or Gala work well)
- ½ cup dried cranberries
- ½ cup toasted pecans, chopped
- 2 tbsp fresh parsley, chopped

- **For the Cider Vinaigrette:**

- ¼ cup extra virgin olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tbsp honey or maple syrup
- Salt & pepper, to taste



## Directions

1. Preheat oven to 400°F (200°C). Toss diced squash with olive oil, salt, and pepper. Spread on a baking sheet and roast for 20–25 minutes, turning halfway, until tender and golden.
2. Meanwhile, cook farro in a medium saucepan of salted water according to package directions (about 25–30 minutes). Drain well and cool slightly.
3. In a large bowl, combine cooked farro, roasted squash, apple, dried cranberries, pecans, and parsley.
4. In a small bowl or jar, whisk together vinaigrette ingredients until emulsified.
5. Pour dressing over salad and toss gently to combine.
6. Serve slightly warm or at room temperature.



## Notes:

- This salad keeps well for up to 3 days in the refrigerator — ideal for make-ahead entertaining.
- Swap butternut squash for roasted sweet potato or delicata squash for variety. 