

Roasted Veggie and Farro Salad

Farro Salad Ingredients:

- 2 cups Cooked Farro (cook in 1/2 vegetable broth, 1/2 water, salt, pepper, and a sliced green onion)
- 1/2 cup of cooked Beets, sliced into sticks (roasted or canned)
- 1/2 cup Butternut squash, cubed, steamed or roasted
- 1/4 large Red Onion, quarter round slices
- 1 cup cooked Brussel Sprout halves (roasted or steamed)
- 1/2 large Yellow Bell Pepper, large dice
- 1 Avocado, sliced



Dressing Ingredients:

- 2 Tbsp Tahini
- 1/4 tsp Lemon Zest
- 1 Tsp Lemon Juice, fresh
- 1/4 tsp Maple Syrup
- 1/4 tsp Onion Powder
- 2 tsp Plant Milk
- Water
- Salt and Pepper to taste

You'll Need:

- Large Mixing Bowl
- Large Baking Sheet
- Parchment Paper or Silicone Mat
- Spatula or Egg Turner
- Medium Sauce Pan with lid
- Measuring Cups and Spoons
- Food Storage Container(s)
- Cooking Spoon
- Whisk or fork
- Small bowl
- Cutting Board or Mat
- Knife

Cook Time: Approximately 30 minutes

Makes: 4 Servings

Instructions:

1. Preheat your oven to 400. Bring water and vegetable broth to a boil.
2. Chop all your vegetables and slice the green onion. A note here, you can roast your beet whole or cut it into cubes. I would not want to cut into sticks just yet.
3. Get the veggies in the oven to roast (except the bell pepper and onion), add the green onion and farro to the pot and cook according to package instructions. Roast veggies for about 20 minutes or until tender. **Keep an eye on them, flip them about half way through, and remove the ones that need less time.
4. The veggies and farro should get done at about the same time. Fluff the farro and then allow everything to cool a bit.
5. To make the dressing, add all the ingredients to a small bowl and whisk together. Add water as needed to achieve desired consistency.
6. Add all the veggies and farro into a large dish and toss together.
7. Pour the dressing over (in the amount you desire) and toss again.
8. Serve with avocado over the top.

Serving Suggestion:

We enjoyed this with a simple side of dark greens, cherry tomatoes, and few mandarin orange segments. It was great!

***Notes:**

We try to stay mostly oil and added sugar free; however, if you like, you could certainly coat your veggies with a small amount of oil to help with the roasting process.

