

Farro, Kale and Sweet Potato Salad with Pomegranate Seeds

Farro, with its complex nutty taste, looks similar to a grain of brown rice. Because farro is so easily digested and so low in gluten, farro can often be eaten by people who are gluten intolerant. Farro can be cooked as a grain, however is often cooked into the style of risotto.

3 tablespoons olive oil, divided
2 pounds sweet potato (about 2), peeled and cut into ½-inch cubes
Kosher salt and freshly ground black pepper
1 cup farro, rinsed and drained
2 cups vegetable broth, low-sodium
2 cups warm water
1 medium yellow onion, diced
1 medium garlic clove, minced
4 ounces kale, preferably Tuscan, center stems removed and cut into ½-inch pieces
1 tablespoon lemon juice
¼ cup pomegranate seeds

Preheat an oven to 375 degrees and position an oven rack in the center.

To roast sweet potato: In a large bowl, combine 2 tablespoons oil with sweet potato, salt and pepper and toss until well combined. Transfer the mixture onto a rimmed baking sheet, spreading evenly. Place the baking sheet into the oven to roast, stirring every 15 minutes, until fork tender, about 30 minutes.

To cook farro: In a medium saucepan, combine the farro, broth and water and place on the stove over a moderate-high heat. When the liquid is boiling, reduce the heat to medium-low, cover and simmer until the grains are tender, about 25 minutes. Using a colander, drain to remove excess water and transfer to a large bowl. Taste and season with salt and pepper. Allow to cool.

To cook kale: In a large nonstick skillet, add the remaining oil and when shimmering, add the onion and cook until translucent, about 6 minutes. Add the garlic and cook until fragrant, about 60 seconds. Add the kale and cook until wilted, about 2 minutes. Add the lemon juice and transfer to the kale to the bowl with farro and toss until well combined. Taste and season with salt and pepper.

To serve: Arrange the farro salad onto a large platter; place the cooked sweet potato on the top and sprinkle with pomegranate seeds.

- Sur La Table





Souper Squash Soup

Ingredients:

1 large butternut squash
1 small sweet potato
1 small onion
1/2 head of cauliflower, chopped
8 cups of vegetable stock
1 Tbsp. olive oil
1/8 tsp sea salt
Dash of cinnamon
Dash of maple syrup

Directions:

Preheat oven to 375°F.

Peel butternut squash and sweet potato. Cut into 2" slices. Place in baking dish and drizzle with half of the olive oil and salt, and a dash of cinnamon.

Roast in oven for about 20-25 minutes, turn slices over and continue cooking for about 20 more minutes until soft. (Also a great dish as is!)

Sauté onions, cauliflower and sea salt in oil on medium heat until soft. Add vegetable stock. Bring to a boil. Add cooked butternut squash and sweet potato.

Cook at medium heat for 10 minutes, lower heat and continue to simmer for 10 more minutes. Puree soup with immersion (hand held stick) blender or in a high powered blender.

Add sea salt, and cinnamon to taste.

Swirl maple syrup into puree. Mix again briefly with immersion blender. Serve and Enjoy!

For fancy serving, top with a swirl of maple syrup and sprinkle of cinnamon into each bowl. Enjoy!