

Baked Farro “Risotto” with Winter Squash

Serves 6

No endless stirring with this risotto recipe and earthiness of the whole grain farro pairs nicely with any roasted winter vegetable. What is better than a one pot meal!



Ingredients

- ¼ cup extra virgin olive oil
- 1 large leek, quartered and thinly sliced
- 2-3 cloves garlic, minced
- 1 ½ cups grated carrots
- 4 cups of chicken or vegetable broth
- 1 ¾ cups (8oz.) farro, rinsed and drained
- 3 cups small diced winter squash
- 3 tbsp roughly chopped sage or thyme
- ¼ cup finely chopped parsley
- * ½ cup raw pumpkin seeds *
- grated parmesan or crumbled feta

Preparation

1. **Preheat oven to 375**
2. In a dutch oven or other stove top to oven, deep skillet heat 2 tablespoons of oil over medium heat. Add the garlic and leeks and stir for about 1 minute. Add in the carrots, farro and broth and season generously with sea salt and pepper.
3. Bring to a boil and then cover and bake for 40 minutes. Stir halfway through and continue to bake until farro is tender and the dish has a creamy consistency. Add more broth or water if necessary.
4. While farro is cooking, toss the diced squash and sage with 2 tbs of oil and a generous pinch of sea salt. Spread out evenly on a rimmed baking sheet and roast until tender.
5. Remove farro dish from oven, top with roasted squash, pumpkin seeds and parsley and optional parmesan/feta

Tips:

- For the pumpkin seeds:

In a saute pan toast the raw pumpkin seeds over low heat until popping and browned. Add 1 tbsp honey, pinch of sea salt and 1 tbsp olive oil mix and turn off the heat. Spread out on parchment paper to cool.