

# Warm Farro and Arugula Salad with Roasted Fennel, Delicata Squash and Red Onion

PREP: 30 minutes/ COOK: 50 Minutes/ YIELD: 6 x 1-cup servings

Warm salads are perfect for fall and winter enjoyment. Their ingredients are typically wholesome and hearty, but they won't leave you feeling weighed down and in need of a post meal nap. The lightness of faro paired with the digestive encouragement of fennel make this a warming salad that benefits you from the inside out.

½ cup uncooked faro, rinsed

1 large bulb fennel, cut lengthwise into 8 wedges

½ large delicate squash, rind washed well and left on, quartered lengthwise and cut crosswise into ½ inch slices.

1 medium red onion, peeled and root end trimmed but left intact, halved through each axis, and each half cut into 6 wedges (12 wedges total)

Eat Clean Cooking Spray

4 cups baby arugula

1 large pink grapefruit, segmented, membrane reserved

1 t Dijon mustard

1 T extra virgin olive oil

Pinch each sea salt and freshly ground black pepper

Cook faro according to package directions, or bring 3 cups of water to boil on high heat and add faro. Reduce heat to simmer, stirring occasionally, for 25 to 50 minutes (cooking time will vary depending on the brand), until tender but still chewy. Drain in a fine mesh sieve, rinse under cold water, drain again and set aside.

In the meantime, heat oven to 450 F. Spread prepared fennel, squash and onion in a single layer on one or two baking sheets. Spray vegetables with Eat Clean Cooking Spray and season with salt and pepper. Roast in oven for about 20 minutes or until golden brown at the edges and cooked through, stirring once. If vegetables look like they're getting dry while cooking, mist with a little more Eat Clean Cooking Spray. Once done, remove and set aside to cool slightly.

To a large bowl, add arugula and grapefruit segments. Add roasted fennel, squash, red onions and cooked faro. Squeeze juice from reserved grapefruit membrane into a small bowl. Discard membrane. Add mustard, olive oil and salt and pepper. Whisk together and pour over salad. Toss gently to combine.

Calories: 127, Calories from Fat: 27, Protein: 4g, Carbs: 23g, Total Fat: 3g, Saturated Fat: 0.3g, Trans Fat: 0g, Fiber: 4g Sodium: 57mg Cholesterol: 0mg