

Farro with Butternut Squash and Baby Kale

There's a moment after the holidays—when the decorations move back to the attic and the last of the baked goods have been consumed—when eating healthier becomes a priority. It's still Winter, so for most of us, easy, regular access to fresh vegetables is months away. If you're in a part of the country where the stages of winter are defined by the number of layers of outerwear necessary to leave the house, then pay attention to this dish. It would make a great meatless dinner or a very happy and healthy desk lunch. It's filling, with wholly nutritious whole-grain farro (an ancient grain thought to have fueled the Roman legions), butternut squash and baby kale—the miniature superfood. Eat this for lunch and you'll feel like you could conquer a city ... or at least your next pitch to the client.

farro

- 1 small butternut squash, about 1¾ pounds, unpeeled and scrubbed
- 1 tablespoon olive oil
- 1 cup farro, rinsed and drained
- 4 cups low-sodium chicken broth
- 1/2 teaspoon kosher salt
- 4 ounces baby kale
- 2 teaspoons red chile flakes

to serve

- ½ lemon, juiced (about 2 tablespoons)
- 3 tablespoons extra virgin olive oil
- 2 ounces feta

Special equipment: Dutch oven (or heavy bottomed pot), small food processor

Cut the squash in half and remove the seeds (a grapefruit spoon works great). Trim and discard the ends. Cut the neck into 3/4-inch planks and then into 3/4-inch chunks. Cut the bottom into 3/4-inch chunks.

Heat the oil in a Dutch oven or heavy bottomed pot over medium-high heat. When hot, stir in the farro to coat with oil, then stir until toasted, about 3 minutes. Pour in the broth and add the squash and salt. Raise the heat to bring to a boil, about 7 minutes, and then lower the heat and simmer, uncovered, until the farro is tender, stirring occasionally, about 30 minutes.

When the farro is tender (it will still be a little chewy but there shouldn't be a hardness to the kernel), stir in the red chile flakes and the kale to wilt, about another 2 minutes. Turn off the heat. Dress with lemon juice and olive oil.

Ladle into serving bowls and crumble feta evenly among the bowls.

total time: 1 hour

active prep: 35 minutes

serves: 4 to 6

difficulty: easy