

Fall Vegetable Farro Salad by Samford Wellness Kitchen



INGREDIENTS

FOR SALAD:

- 4 cups cooked farro
- 2 cups roasted butternut squash
- 2 cups roasted turnips
- 2 cups thinly sliced collard greens
- 1/2 cup chopped parsley
- 1 cup toasted & chopped walnuts

FOR VINAIGRETTE:

- 1/4 cup white wine vinegar
- 1 tablespoon miso
- 1 tablespoon honey
- 2 tablespoons extra virgin olive oil
- Pinch of black pepper
- 1/4 teaspoon pumpkin pie spice
 - optional

DIRECTIONS

Combine all salad ingredients in a large mixing bowl and toss lightly until evenly distributed. Set aside.

In a small mixing bowl, combine white wine vinegar and miso. Whisk well until miso is evenly blended into vinegar. Add remaining vinaigrette ingredients and whisk until smooth and well combined.

Pour vinaigrette over salad mixture and toss until evenly coated. Taste and adjust seasoning as needed. Enjoy!