



Wheeler

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Creamy Butternut Squash and Farro

Winter squash and whole grains make a healthy and satisfying dish. The creamy texture will be appealing to kids and adults. You can use any winter squash, beets or sweet potatoes in place of the butternut. This is a great side dish. Add some beans or shredded chicken to make it a complete meal.

Ingredients

2 tablespoons olive oil
½ sweet onion such as Vidalia – finely chopped
1 teaspoon each dried thyme and dried sage
½ teaspoon salt
1½ cups farro
1 medium butternut squash cleaned, peeled, seeded and diced about 3 cups – may also use frozen or pre cut squash
1 – 16 oz can low sodium broth or stock (chicken or vegetable works best)
2 cups water
½ cup grated Parmigiano-Reggiano cheese
1 tablespoon butter
1 tablespoon maple syrup

Equipment

Large skillet with lid or Dutch oven
Measuring spoons
Measuring cups
Liquid measuring cup

Wooden spoon or heat safe spoon
Sharp Knife and cutting board – have adult help
Stove top – have adult help

Directions

1. In a large skillet heat oil until just starting to shimmer. Add onion, salt, thyme and sage. Cook 5-7 minutes or until the onions are starting to soften and become translucent.
2. Add farro and cook for 5 more minutes until the grains are starting to lightly brown. Add chicken broth and bring mixture to a simmer.
3. Add butternut squash and water. Bring to a boil. Reduce to a simmer and cover. All to simmer for 20 minutes or until farro is tender and squash is starting to soften.
4. Uncover and increase heat to high. Cook for 2-5 minutes or until remaining liquid is absorbed. Stir often to prevent sticking.
5. Remove from heat and stir in parmesan, butter and maple syrup. Serve warm.

😊 Little helpers: Kids can help measure and carefully add the ingredients. Older children can cook on the stove top. They can add the cheese and butter one the dish is removed from the heat. This is a nice dish to introduce children to the method for cooking different types of grains.



Nutrition: Butternut squash adds fiber, vitamin A and vitamin C. The farro is a source of carbohydrates and protein. Farro also has important nutrients like fiber, magnesium, selenium and zinc.

Jessica Masterson RDN CDN CDCES
Wheeler Clinic Health & Wellness
Virtual Cooking Class Fall 2020