

# COOKING FOR WELLNESS

September 2024



CANCER SUPPORT  
**COMMUNITY**  
GREATER ANN ARBOR

# Fall Farro Salad with Butternut Squash



5 from 10 votes

Cozy up this fall with this hearty fall farro salad with caramelized roasted butternut squash, cranberries, toasted nuts, and creamy feta. This is a great side dish for the holidays or a light lunch!

Prep Time	Cook Time	Total Time
10 mins	25 mins	35 mins

Course: Dinner, Lunch, Side Dish    Cuisine: Mediterranean    Diet: Vegan, Vegetarian  
 Servings: 4    Calories: 491kcal    Author: Allie Petersen

## Equipment

- medium pot
- Baking sheet
- Large bowl

## Ingredients

- 1 cup farro uncooked
- 2 cups butternut squash\* peeled, seeded, and cubed
- drizzle of olive oil optional
- Salt and pepper to taste
- 1/2 cup dried cranberries
- 1/2 cup chopped toasted nuts such as almonds, walnuts, or pumpkin seeds
- 1/2 cup crumbled feta cheese dairy-free if vegan
- 1/4 cup chopped fresh parsley or sage

## For the Dressing:

- 1/4 cup extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

## Instructions

1. **Prepare Farro:** Rinse the farro under cold water. Cook farro over the stove to package instructions or until the farro is tender but still slightly chewy. Drain any excess water and set aside.

Time Saver Tip: While the farro is cooking, begin to roast the butternut squash and prep the other ingredients.

1 cup farro

2. **Roast Butternut Squash:** Preheat the oven to 400°F (200°C). Toss the cubed butternut squash with olive oil, salt, and pepper. Spread the squash in a single layer on a baking sheet. Roast

for about 20-25 minutes, or until the squash is tender and slightly caramelized. Remove from the oven and let it cool slightly.

2 cups butternut squash\*, drizzle of olive oil, Salt and pepper

3. **Prepare Dressing:** In a small bowl, whisk together the extra-virgin olive oil, balsamic vinegar, maple syrup or honey, Dijon mustard, salt, and pepper until well combined.

1/4 cup chopped fresh parsley or sage, 1/4 cup extra-virgin olive oil,

2 tablespoons balsamic vinegar, 1 tablespoon maple syrup, 1 teaspoon Dijon mustard, Salt and pepper

4. **Assemble Salad:** In a large mixing bowl, combine the cooked farro, roasted butternut squash, dried cranberries, chopped toasted nuts, and crumbled feta cheese. Add the chopped fresh parsley.

1/2 cup dried cranberries, 1/2 cup chopped toasted nuts, 1/2 cup crumbled feta cheese

5. **Dress the Salad:** Pour the dressing over the salad and gently toss to coat all the ingredients evenly.

6. Transfer the farro salad to a serving platter or individual plates. You can garnish with additional fresh herbs, nuts, and cranberries if desired.

7. This farro salad can be served warm, at room temperature, or chilled.

## Notes

★ I recommend dicing your butternut squash into small cubes (~1/2 inch wide) so they cook faster and will create the perfect sized bite for your autumn salad.

*Other tips:*

- Save time by using **pre-cut butternut squash** from the fridge section of your grocery store.
- Buy **no-sugar added dried cranberries** for a healthier alternative, or consider pomegranate seeds, apples, or blueberries for another great flavor.
- You can choose any roasted nut you like- my personal fave is pumpkin seeds.
- Enjoy this salad either cold, room temp, or warm. I tastes amazing no matter the temp.

## Nutrition

Calories: 491kcal | Carbohydrates: 66g | Protein: 11g | Fat: 22g | Saturated Fat: 5g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 12g | Trans Fat: 0.01g | Cholesterol: 17mg | Sodium: 241mg | Potassium: 513mg | Fiber: 11g | Sugar: 17g | Vitamin A: 7849IU | Vitamin C: 20mg | Calcium: 159mg | Iron: 3mg

# Apple Pie Smoothie Recipe

*Sipping on this homemade apple pie smoothie makes you feel like you are at an apple orchard, picking fresh fruits in the middle of fall. It's a healthy smoothie that tastes like apple pie!*

🕒 **Prep: 10 Cook: 5 Total: 15 minutes**

👤 **Yield 2 servings**

1x

2x

## Ingredients

- 2 apples, diced and frozen (I used honeycrisp)
- 1 cup greek yogurt (plain or vanilla)
- 2/3 cup almond milk
- 1/3 cup rolled oats
- 1 tbsp maple syrup or honey
- 1 tsp cinnamon
- 1 tsp vanilla
- optional: whipped cream & cinnamon for topping

## Instructions

1. In a high speed blender, add ingredients in order as listed. I prefer my apples frozen, but if not add in 4-5 ice cubes.
2. Blend until totally smooth. Add more almond milk if needed.
3. Pour into two glasses and enjoy! Top with whipped cream and cinnamon if desired.

<b>Nutrition Facts</b>	
Serving Size 1 serving	
Serves 2	
<b>Amount Per Serving</b>	
<b>Calories</b>	334
<b>% Daily Value*</b>	
<b>Total Fat</b> 7.8g	<b>10%</b>
<b>Cholesterol</b> 18.5mg	<b>6%</b>
<b>Sodium</b> 76.5mg	<b>3%</b>
<b>Total Carbohydrate</b> 49.6g	<b>18%</b>
Sugars 30.9g	
<b>Protein</b> 15.5g	<b>31%</b>
Vitamin A	3%
Vitamin C	9%

**Author:** Erin **Category:** breakfast, smoothie, gluten-free **Method:** Blender **Cuisine:** American **Diet:** Gluten Free

*Find it online:* <https://www.erinliveswhole.com/apple-pie-smoothie-recipe/>

# Nourishing Pumpkin Wild Rice Soup (Vegan)

☆☆☆☆☆  
4.43 from 82 votes

*Loaded with veggies and herbs, this Nourishing Pumpkin Wild Rice Soup is perfect for keeping you warm and full on chilly Fall days!*

Prep Time 20 mins	Cook Time 50 mins	Total Time 1 hr 10 mins
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Servings: 6

Author: [Julie Chiou](#)

## Equipment

- [Dutch oven](#)

## Ingredients

- 2 tablespoons olive oil
- ½ large yellow onion
- 3 chopped carrots about 1 ½ cups
- 3 stalks chopped celery about 1 ½ cups
- 4 cloves minced garlic
- 1 cup (245 g) pumpkin puree
- 5 cups (1183 ml) vegetable broth
- ⅔ cup (107 g) wild rice
- ½ teaspoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme
- 2 sprigs fresh thyme
- 1 bay leaf
- 15 ounce (425 g) can of rinsed and drained cannellini beans
- 1 cup (237 ml) coconut milk or dairy-free milk of choice
- 1 ½ cup (210 g) frozen butternut squash or freshly diced/cubed

## Instructions

1. Rinse the wild rice and place it in a cup or jar with water covering it to let it soak while you prepare the other ingredients.
2. Heat the olive oil in a pot over medium heat. Once hot, add the onion and carrots. Saute for 2-3 minutes, then add the celery and saute for an additional 2 minutes. Add the garlic and stir until fragrant.
3. Add the pumpkin puree and 4 cups of the vegetable broth. Drain the wild rice and add it to the pot along with the sprigs of thyme and bay leaf. Give a stir and bring the liquid to a boil, then reduce the heat to a simmer and cover the pot.
4. Allow the soup to simmer for 30 minutes. Remove the lid and carefully take out the thyme and bay leaf. Stir in the remaining cup of broth along with the salt, pepper, thyme, beans, milk and squash. Cover the pot again and simmer for an additional 20 minutes, or until the rice is tender.

Add salt and pepper to taste and a little more broth or milk if you'd like a thinner soup. Garnish with fresh thyme leaves and enjoy!

### **Nutrition**

Serving: 1 serving | Calories: 323 kcal | Carbohydrates: 45 g | Protein: 10 g | Fat: 13 g | Saturated Fat: 8 g | Polyunsaturated Fat: 1 g | Monounsaturated Fat: 4 g | Sodium: 1028 mg | Potassium: 867 mg | Fiber: 8 g | Sugar: 7 g

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*\*If you're viewing this on your phone, press and hold the QR code to open in your browser.*

Nourishing Pumpkin Wild Rice Soup (Vegan) - <https://www.tablefortwoblog.com/nourishing-pumpkin-wild-rice-soup-vegan/>