



HEALTH SCORE

100%

Heirloom Squash Farrotto



Vegetarian



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups butternut squash peeled
- ☐ 15 ounce garbanzo beans drained canned (chickpeas)
- ☐ 1 tablespoon cumin seeds
- ☐ 2 cups farro
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 3 garlic clove minced thinly sliced
- ☐ 2.5 tablespoons juice of lemon fresh divided ()
- ☐ 4 servings olive oil extra virgin extra-virgin

- ☐ 0.8 cup onion red thinly sliced
- ☐ 2 tablespoons jalapeno red with seeds, divided chopped
- ☐ 1 cup yogurt plain

Equipment

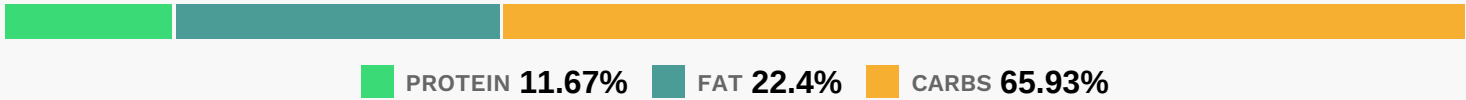
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Toast cumin seeds in small skillet over medium heat until fragrant and beginning to smoke, 4 to 5 minutes. Cool; grind in spice grinder.
- ☐ Transfer 1 1/2 teaspoons cumin to small bowl.
- ☐ Mix in yogurt, 1 tablespoon lemon juice, and minced garlic. Season with salt and pepper. Cover and chill.
- ☐ Preheat oven to 400°F. Coat larger rimmed baking sheet with nonstick spray.
- ☐ Place squash in large bowl.
- ☐ Add 2 tablespoons oil; toss to coat.
- ☐ Spread squash out on sheet.
- ☐ Sprinkle with salt and pepper. Roast until tender, about 25 minutes.
- ☐ Meanwhile, cook farro in large pot of boiling salted water until tender, 18 to 20 minutes.
- ☐ Drain farro and cool.
- ☐ Heat remaining 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add sliced garlic and 1 tablespoon chile; sauté 1 minute.
- ☐ Add onion cubes and garbanzo beans; sauté 1 minute.
- ☐ Add roasted squash and cooked farro and toss to blend.
- ☐ Sprinkle with 1 1/2 teaspoons ground cumin and 1 1/2 tablespoons lemon juice; toss to blend. Season to taste with salt, pepper, and more lemon juice, if desired.

- ☐ Mound farro mixture on 4 plates. Spoonyogurt mixture over.
- ☐ Sprinkle with cilantro,sliced onion, and remaining chile.
- ☐ Drizzlewith extra-virgin olive oil and serve.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:5, Inflammation Score:-10, Nutrition Score:39.193043273428%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

Nutrients (% of daily need)

Calories: 693.07kcal (34.65%), Fat: 17.92g (27.58%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 118.71g (39.57%), Net Carbohydrates: 94.73g (34.45%), Sugar: 10.56g (11.73%), Cholesterol: 1.23mg (0.41%), Sodium: 363.37mg (15.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21g (42.01%), Vitamin A: 15149.99IU (303%), Manganese: 2.63mg (131.36%), Fiber: 23.99g (95.95%), Selenium: 43.34µg (61.92%), Vitamin C: 47.89mg (58.05%), Vitamin B6: 1.13mg (56.3%), Phosphorus: 472.93mg (47.29%), Magnesium: 178.78mg (44.69%), Copper: 0.74mg (36.98%), Potassium: 1205.74mg (34.45%), Iron: 6.14mg (34.09%), Vitamin B3: 6.74mg (33.7%), Vitamin B1: 0.43mg (28.74%), Calcium: 283.31mg (28.33%), Vitamin E: 4.22mg (28.17%), Folate: 105.46µg (26.37%), Zinc: 3.85mg (25.67%), Vitamin B2: 0.33mg (19.28%), Vitamin K: 19.76µg (18.82%), Vitamin B5: 1.64mg (16.41%), Vitamin B12: 0.37µg (6.23%)