Spelt with Roasted Squash

Ingredients – *Yields 4 servings*

3 lbs. Winter squash cubed, Butternut or Kombucha work well
1/4 cup + 2 Tbsp. Olive oil
2 cups cooked Fieldstone Organics Spelt
1 shallot minced
1 tsp. dried thyme
¼ cup Cider vinegar
1½ tsp. Mustard
1 Tbsp. Maple syrup
¼ cup cranberries
¼ cup roasted Pumpkin seeds

Method

Preheat oven to 400 degrees. Place cubed squash on baking dish and drizzle with 2 Tbsp. oil, season with salt, pepper and thyme. Mix squash to coat in oil and seasonings. Roast 20 minutes, turn; add minced shallot to squash and roast for an additional 15 – 20 minutes.
In small bowl whisk vinegar, syrup and mustard. Drizzle in ¼ cup oil. Combine everything into a large bowl and then drizzle with vinaigrette. Serve warm.

Notes

Cook Spelt according to package directions

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