

# Squash with Slow-Roasted Tomatoes and Goat Cheese

We're always looking forward to warm, rustic meals that are comforting, but still a breeze to make. And this one certainly fits the bill. We're roasting butternut squash, fresh grape tomatoes and goat cheese all together, then tossing them with nutty farro and a delectable balsamic cream sauce. The result? A delicious dinner where the oven does all the work.

**35** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Farro  
Butternut Squash  
Grape Tomatoes  
Goat Cheese  
Balsamic Cream

## Add Protein Cooking Instructions

**Integrate into recipe:** While the squash is roasting in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and combine with everything in step 4.

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

## Good To Know

**Health snapshot per serving** – 690 Calories, 20g Protein, 34g Fat, 85g Carbs, 26 Freestyle Points

**Lightened-up health snapshot per serving** – 560 Calories, 27g Fat, 70g Carbs, 20 Freestyle Points by using three-quarters of the Farro and Balsamic Cream.

**SCAN QR CODE  
to view  
YouTube  
cooking video**



INGREDIENTS: Butternut Squash, Farro, Heavy Cream, Goat Cheese, Balsamic Vinegar, Grape Tomatoes, Brown Sugar, Vegetable Base, Garlic, Herbs

*meez* meals

## 1. Getting Organized

Preheat your oven to 400 and put a saucepan of water on to boil.

## 2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain and transfer to a mixing bowl. Keep the empty saucepan nearby.

*We love farro when it's puffed up, but still firm in the center.*

## 3. Roast the Squash

Mix the **Butternut Squash** with 2 Tbsp olive oil and spread evenly on a baking sheet. Roast until lightly caramelized, about 15 minutes. Add the **Grape Tomatoes** to your baking sheet, mix and cook until the tomatoes start to burst, about 5 minutes. Add the **Goat Cheese** and bake for 3 more minutes.

*The balsamic cream will thicken slightly while it cooks, but it's meant to be pourable. Don't expect a gravy-like consistency.*

While the tomatoes are roasting, put your now-empty saucepan back on the stove and pour in the **Balsamic Cream**. Heat on medium until the mixture boils and then reduce to a simmer and cook for 5 minutes.

## 4. Put It All Together

Pour half of the balsamic cream over the roasted squash, tomatoes and goat cheese and then mix everything together with the farro. Serve with additional balsamic cream and season with salt and pepper to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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