

# 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

## Make The Meal Your Own

**If you're making the gluten-free version**, we've given you brown rice.

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the farro, reducing the **carbs per serving to 35g**. Skip steps 1 and 2. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the farro in step 5.

**This is a great make-ahead dinner.** Cook the farro and squash ahead of time. When it's time for dinner, roast the tomatoes and add the goat cheese. You'll be eating in 10 minutes.

**Kids and picky eaters tip** – Let them add the balsamic cream themselves.

## Good To Know

**If you're cooking with the mellow cheese**, we've given you cream cheese instead.

**Health snapshot per serving** – 540 Calories, 8g Protein, 6g Fiber, 22 Smart Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

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 gray-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.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**