

Autumn Farm Salad

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From the Yale Appliance + Lighting Chef Series

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Yield: 6 Servings

Ingredients:

- **1 cup Fresh Tuscan Kale chopped**
- **1 cup Arugula chopped**
- **1 cup Brussels Sprouts blanched & sliced**
- **1 cup Butternut Squash peeled, diced & steamed**
- **1 cup Granny Smith apples peeled, cored and diced small**
- **½ cup Red onions thinly sliced**
- **1 cup Farrow wheat cooked, strained and rinsed in cold water**
- **½ tsp sea salt**
- **½ tsp cracked black pepper**

Methods:

1. Using a large mixing bowl, toss all ingredients together.
2. Dress with the oil free apple cinnamon vinaigrette. Serves 6