

# Recipe as feeling: Ease (Squash and wheatberries)

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This dish is good warm or at room temperature. It travels well. It's good on its own as a lunch dish, or you could add goat cheese, or leftover grilled sausage, or serve it as a side with roast chicken or other vegetable dishes. The squash and wheatberries take about the same length of time to cook, and everything is served in one bowl together.

Serves 6, or 4 extra-hungry ladies

## INGREDIENTS:

1 cup wheatberries

1 butternut squash, seeds removed, sliced into half-moons (about a half-inch thick)

1 red onion, peeled and sliced into half-moons about the same thickness as the squash

Olive oil

Fresh rosemary or thyme, minced

Kosher salt, sea salt and pepper

Preheat the oven to 450°F.

Boil water, add kosher salt and the wheatberries. Cook for 20-25 minutes until al dente, then drain in a colander.

Toss the sliced squash and onions with plenty of olive oil, sea salt, and herbs. Spread on a parchment-or foil-lined baking sheet and bake for about 25 minutes, until the squash and onions are crispy and slightly browned.

Transfer the drained wheatberries to a large serving bowl and toss with a bit more olive oil and salt, and then pour the squash, onions, herbs, and any juices over the wheatberries.