

Photo by Sue Bee Homemaker

# Mediterranean Chicken Grain Bowl



8 portions

## INGREDIENTS

- 8 each Chicken Breast, *grilled*
- 2 cups Faro, *cooked*
- 1 cup Quinoa, *cooked*
- 1 cup Brown Rice, *seasoned*
- 2 Tbsp. Parsley, Flat Italian
- 1 Tbsp Extra Virgin Olive Oil
- 1 cup Brussels Sprouts, *roasted*
- 1 cup Caramelized Red Onions
- 1 cup Diced Red Bell Pepper
- 1 cup Diced Cucumber
- 4 oz. Feta, Crumbled
- 4 fl. oz. Herb Yogurt Sauce

## Herb Yogurt Sauce

- 1 cup Greek Yogurt
- 1 Tbsp. Green Onion, *thin sliced*
- 1/4 cup Flat Italian Parsley, *chiffonade*
- 1 Tbsp. Dill, *fresh chopped*
- 1 Tbsp. Mint, *fresh minced*
- 1 Tbsp. Basil, *fresh minced*
- 1/2 tsp. Sherry Vinegar
- 1/2 each Lemon, *juice and zest*
- 1 Tbsp. Extra Virgin Olive Oil
- Hot sauce (to taste)
- Salt and Pepper (to taste)

## DIRECTIONS

### Faro

Combine 1 cup Faro, 2 cups cold water and .5 tsp. salt in a stock pot. Bring to a boil over high heat, reduce and simmer 1 hour until tender. Replace water as needed.

### Quinoa

Combine 1/2 cup quinoa, 1 cup cold water and .5 tsp salt in a stock pot. Bring to a boil over high heat, reduce and simmer 20 mins until tender and quinoa begins to "spiral". Replace water as needed.

### Caramelized Red Onion

Place whole slices of onion on sheet pan (2lbs, 3/4in thick). Brush each side with olive oil (2 tbsp) and season with salt and pepper to taste. Roast in 350°F oven for 20-25 minutes, rotating pan and flipping onions half way through until caramelized and soft. Allow to cool and cut into large dice.

### Roasted Brussels Sprouts

Combine 2 lbs. brussels sprouts, 1 tbsp. olive oil, salt and pepper to taste. Roast in 425°F oven for 15-20 minutes until caramelized and soft. Allow to cool before handling.

### Herb Yogurt Sauce

Combine all ingredients. Adjust seasoning with Salt and Pepper. Add hot sauce for a zip!

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# Seasoned Brown Rice



1 cup

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## INGREDIENTS

- 1/2 cup Brown Rice
- 2 Tbsp. Yellow Onion, *minced*
- 2 cloves Garlic, *minced*
- 1/2 tsp. Cumin, *ground*
- 1/2 tsp. Coriander, *ground*
- 1/4 tsp. Cinnamon, *ground*
- 1 Tbsp. Extra Virgin Olive Oil
- 1 cup Cold Water
- .5 tsp Kosher Salt

## DIRECTIONS

1. Heat olive oil in a sauce pan. Add onion and sautee until soft.
2. Add Garlic, cook 30 seconds. Add spices and toast 1 min. Add Rice and toast 1 min.
3. Add water or stock, bring to a boil, cover, reduce heat to a simmer.
4. Cook 25-30 minutes until liquid is absorbed and rice is tender. Let rest 5 mins.