



## Southwest Chicken Farro Bowl

 2 portions

### INGREDIENTS

#### Southwest Chicken Farro Bowl

- 2 ea. Chicken Breast – 4 oz
- 2 cups Farro Grain – Cooked (boil 20 minutes, or until al dente)
- 2 ea. Roasted Red Pepper, medium dice
- 1/2 cup Corn
- 1/4 cup Black Beans (if using canned, be sure to rinse them well)
- 1/4 cup Red Onion, medium dice
- 8 ea. Cherry Tomatoes, cut in half
- 1 bunch Cilantro, rough chopped
- 2 ea. Scallions, thinly sliced
- Olive Oil (to cast)
- 3 slices Avocado
- 2 ea. Lime Wedge
- Blackening Spice Blend\*

#### Citrus Vinaigrette

- 2 tbsp. Lime Juice, Fresh squeezed, if possible, but bottled is fine
- 2 tbsp. Apple Cider Vinegar
- 1 tbsp. Honey
- 1 clove Garlic, minced
- 1 tsp. Spicy Brown Mustard
- 1 cup Olive Oil
- Salt and Pepper (To Taste)

#### Crema

- 1/2 cup Plain Greek Yogurt
- 1 tbsp. Lime Juice
- 1/2 tsp. Onion Powder
- Salt (to taste)

### DIRECTIONS

1. Toss red onion, corn, and tomatoes with salt and pepper. Roast in a 400-degree oven for 10-15 minutes, or until caramelized and tender.
2. Mix the vinaigrette ingredients together, in a bowl, set aside.
3. Mix crema ingredients together, in a bowl, and set aside.
4. In a bowl, mix vegetables with farro and about 1/4 cup vinaigrette, until coated. Season to taste with salt and pepper.
5. Mix blackening spice with olive oil to make a paste. Rub thoroughly on the chicken, and grill until you reach an internal temperature of 165 degrees. Once cooled, dice into medium chunks.
6. Mix grain, and vegetables in a bowl with chicken.
7. Scoop into bowls, drizzle with crema, and garnish with avocado, cilantro, and a lime wedge.

You can use store bought blackening spice blend or make your own:

- 1 1/2 tbsp. Paprika
- 1 tbsp. Garlic Powder
- 1 tbsp. Onion Powder
- 1 tbsp. Thyme, dried
- 1 tsp. Basil, dried
- 1 tsp Oregano, dried
- 1 tsp. Cayenne Pepper
- 1 tsp. Black Pepper