

Chef Carol D's Chicken & Farro Bowl

Serves 1

Ingredients:

- 6 ounce skinless chicken breast
- 1 cup farro, uncooked
- 3 cups low sodium chicken broth, divided
- 1 cup broccoli, blanched
- 2 ½ tablespoons shallots, finely diced
- 1 teaspoon fresh ginger, minced
- ½ small red pepper
- ½ cup frozen peas & carrots
- ¼ cup slivered almonds or chopped walnuts
- Salt & pepper
- 3 tablespoons sesame oil
- 1 tablespoon dark balsamic vinegar
- 1 tablespoon walnuts



Directions:

Cut chicken into 1 inch pieces. Cook on medium heat on top of stove with small amount of water until just slightly brown. Set aside.

Rinse farro in cold water and drain. Place farro in medium sauce pan with 2 ½ cups low sodium broth and bring to a boil. Cover with lid, turn heat down to medium low. Cook until all broth is absorbed, about 30 to 40 minutes. Set aside.

Blanch broccoli: bring a small amount of water to a boil, then add broccoli to boiling water, remove after 1 minute and place into an ice water bath for approximately 30 seconds to stop cooking process. Set aside.

Spray sauté pan with olive oil on medium heat. Add shallots and ginger; cook for approximately 1 minute until fragrant, then add red pepper and cook for 2 more minutes. Add remaining ½ cup of chicken broth, stirring up brown bits from pan, then add peas & carrots and stir. Once most of the liquid is absorbed, add chicken, farro and broccoli back into pan; stir & heat through.

In a separate bowl, combine sesame oil & balsamic vinegar.

Place chicken and farro mixture into a bowl, drizzle with sesame/vinegar dressing, then sprinkle walnuts on top.