



SPRING VEGETABLE GRAIN BOWL

FARRO

1 1/2 c farro

1 1/2 c water

2T salt

Bring farro to boil, simmer for 10 minutes, cover and let sit for 10 minutes

CHICKEN BREAST

2 -6 oz chicken breasts

2 Tbsp pesto – store bought is fine

1 tsp salt

1/2 tsp pepper

Season chicken with pesto, roast in 350 oven till cooked through, cool and dice

VEGETABLES

1 cucumber, peeled and large dice

2 Tbsp mint, chopped

2 Tbsp rice wine vinegar

1/2 tsp salt

Toss cucumber in mint, vinegar, salt, let sit 10 minutes

6 each baby carrots, cut in half

1/2 head broccoli, cut in 1-inch pieces

1 Tbsp curry powder

Toss carrots and broccoli in oil, salt and curry powder, roast 12 minutes

4 oz goat cheese (optional)

4 oz baby kale or other leafy green

CARROT-GINGER VINAIGRETTE

1/2 lb carrots - cut in 1-inch pieces puree in blender

1/4 cup ginger, peeled and chopped

1/4 cup shallots

1/4 cup rice wine vinegar

1 Tbsp soy sauce

1 Tbsp sesame oil

1/4 cup olive oil

1/4 cup water

Place all ingredients in blender puree till smooth

-Assemble salad-

ENJOY

AS SEEN ON BETTER CONNECTICUT