

Savory Chicken & Farro Bowl with a White Balsamic Dressing

Makes 4 bowls

Loaded with colorful and healthy vegetables, this bowl is a family favorite! The brown rice is nutty, filling, and super flavorful thanks to the fresh and zingy vinaigrette. Use our suggested vegetables, or get creative with your own combinations!

Ingredients:

1/2 medium onion, diced
1 tablespoon olive oil
8 oz. cremini mushrooms, thinly sliced
1 clove garlic crushed
1-1/2 cups farro
3 cups vegetable broth (or salted water)
1 teaspoon Kosher salt
1 rotisserie chicken, meat off the bone
1 bunch Tuscan kale, washed, stemmed, torn into pieces
2 tablespoons of olive oil,
Pinch of Kosher salt for massaging kale
1 can white beans, rinsed and drained
1/4 cup pomegranate arils, for garnishing

White Balsamic Dressing:

(Makes about 1 cup)
1/4 cup white balsamic vinegar
1 shallot, about 2 tablespoons finely minced
1/2 teaspoon Kosher salt
1/2 teaspoon coarsely ground black pepper
1 teaspoon thyme
1/2 cup olive oil

Directions:

1. In a large sauté pan with lid, sauté the diced onion in olive oil for 3-4 minutes. Add the thinly sliced cremini mushrooms and continue sautéing until the onions are translucent, and the mushrooms are cooked. Add the crushed garlic and sauté an additional 30 seconds.
2. Using a 2:1 liquid-to-grain ratio, add 3 cups of vegetable broth and 1 teaspoon Kosher salt to the onion-mushroom mixture in the sauté pan. Bring the liquid to a boil and add the farro. Stir, cover, and turn down the heat to a low simmer for 30 minutes, or until the farro kernels are cooked and tender. (Check at the 20-minute mark to see if additional liquid is needed.)
3. Meanwhile, prepare the kale by washing, stemming and tearing the leaves into smaller pieces. Massage the kale with 2 tablespoons of olive oil and a pinch of kosher salt until tender, then set aside until ready to assemble the bowls.
4. Prepare the chicken by removing the meat from the bones, and shredding with a fork into bite-sized pieces.
5. Prepare the dressing by whisking together the vinegar, shallot, salt, pepper, and thyme leaves. Gradually drizzle in the olive oil while continuing to whisk.
6. When the farro is tender, toss with half of the dressing; serve the remainder of the dressing on the side.
7. Assemble the bowls with the farro mixture, chicken, beans, kale, and a garnish of pomegranate arils.