

## Freekeh, Chicken, Kale and Brussels with Pomegranate Salad with Lemon Dijon Dressing

*Whole grain and vegetable salad layered in a jar*

Serves 1 • Portion size 2 cups

1/4 cup Chicken, cooked, diced  
1/2 cup Freekeh, Cooked  
1/4 cup Cherry Tomatoes, Fresh, Halved  
1/4 cup English Cucumbers, Diced  
1/4 cup Fresh Pomegranate Seeds  
2 tbsp Lemon Dijon Vinaigrette with Dill  
1/2 cup Kale and Brussels

Dressing (yields about 1 cup)  
1/2 cup Lemon Juice, Fresh  
2 tbsp Mustard, Dijon  
1/2 tsp Kosher Salt  
1/4 tsp Ground Black Pepper  
1/2 tsp Chili Powder  
1/2 tsp Ground Cumin  
1/4 cup Dill Weed, Fresh, Chopped  
1 tbsp Oregano Bunch, Fresh, Chopped  
1/2 cup Oil, Olive Canola Blend

Marinated Kale & Brussels (yields about 3 cups)  
2 cups Kale, stems removed & sliced thin  
2 cups Brussels Sprouts, shaved  
2 tsp Oil, Olive  
1/2 tsp Kosher Salt  
1/4 tsp Ground Black Pepper

Cook freekeh according to package direction; overcook slightly so that it is tender when served cold.

Whisk together salad dressing ingredients and set aside. Mix kale and Brussels (best to cut using a mandoline) and mix well with oil, salt and pepper. Let sit for 10 minutes before servings. For each salad in a jar arrange ingredients in the following order: 1/2 cup cooked freekeh, 1/4 cup tomatoes, cut in half, 1/4 cup/1 oz grilled diced chicken, 1/4 cup diced cucumbers, 1/4 cup pomegranate seeds, 1/2 cup marinated kale and brussels

Close container. When ready to eat, pour 2 tbsp of dressing into jar, close lid and shake well. Eat straight out of jar or pour into a bowl and enjoy.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
324.9	11.8	35	16.8	2.5	31.4	467.7	8.1

**Chef's Notes:** Mix and match with grains, vegetables and dressings you have on hand.

