



## Apple Farro Salad with Chicken

Yield: 4

8 oz	Farro Grain, Dry	1/2 cup	Parsley, Fresh, Chopped
6 oz	Chicken Breast, Skinless Boneless	1/2 cup	Basil, Fresh, Chopped
1 tsp	Oil, Olive	1/4 tsp	Kosher Salt
1/8 tsp	Kosher Salt	1/8 tsp	Ground Black Pepper
<1/8 tsp	Ground Black Pepper	2 tbsp	Extra Virgin Olive Oil
5 oz	Cucumbers	1 tbsp	Balsamic Vinegar
4 oz	Granny Smith Apples, Unpeeled, Diced		
4 oz	Gala Apples, Unpeeled, Diced		



Cook farro in boiling water until tender, about 20 minutes. Drain and cool. Place in bowl. Mix oil with salt and pepper and rub on raw chicken. Grill until cooked through to 160F degrees, chill and dice. Place chicken in bowl with cooked farro. Dice unpeeled cucumbers, granny smith and gala apples. Combine all ingredients in the bowl and mix thoroughly.

**Chef's Note:** Use any crisp local apples in this recipe. If not tossing with the dressing immediately, toss diced apples with acidulated water (water with a few drops of lemon juice) to keep apples from browning.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
340.6	18.3	46.9	9.2	26.4	285.2	5.2	1.4