

Chicken & Harvest Grain Salad Bowl

serves 6

- 1 Small Head Cauliflower, broken into florets
- 1 Cup Quinoa, cooked
- 1 Cup Farro, cooked
- 1 Tbsp Lemon Zest
- 3 Tbsp Olive Oil
- ½ Cup Dried Cranberries
- ½ Cup Fresh Blueberries
- 1 Cup Arugula, cleaned
- 1 Bunch Parsley, Chopped
- 1 Bunch Mint, Chopped
- ¼ Cup Sunflower Seeds
- ¼ Cup Flaked Almonds
- 2ea 6oz Boneless, Skinless Chicken Breasts – cooked and diced ½”
- ¼ Cup Green Onions, sliced on bias
- ¼ Cup Plain Yogurt
- 2 Tbsp Sherry Vinegar
- Salt & Cracked Black Pepper

Place the cauliflower in a robot coupe and pulse several times until the cauliflower is in small pieces approx 1/8”. If you do not have a robot coupe then the cauliflower can be grated on a box grater.

Heat a large frying pan on the stove with ½ tbsp olive oil. Saute the cauliflower in the pan for 1 min until slightly tender. Remove from the pan and place onto a baking sheet to cool quickly.

In a large mixing bowl combine the cauliflower, quinoa, farro and arugula. Add the remaining olive oil, lemon zest and season well. Add the cranberries, blueberries, parsley, mint, sunflower seeds and almonds. Combine thoroughly and place into serving bowls. Place the chicken on top of each bowl and sprinkle with the green onions. In a small bowl combine the yogurt, sherry vinegar and season. Drizzle the Yogurt dressing on top of the salad and serve.