

Apple Chicken Grain Bowls

Ingredients

Makes four bowls

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| 4 cups | farro or wild rice, cooked |
| 4 cups | kale, chopped |
| 4 cups | sliced or shredded chicken, cooked |
| 1-2 large | Honeycrisp apples, diced (or apple of your choice) |
| 1-3 medium | avocados, sliced or diced |
| 1 cup | sharp white cheddar, cubed or crumbled goat cheese |
| 1 cup | pecans, toasted (plus 1 tablespoon olive oil) |

Balsamic dressing

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| 2 tablespoon | balsamic vinegar |
| 1-2 tablespoons | Dijon mustard |
| 6 tablespoons | olive oil |
| 1 tablespoon | honey or maple syrup |
| pinch | salt and black pepper |

Directions

1. *For toasted pecans:* Preheat oven to 400 degrees Fahrenheit. Arrange nuts evenly on baking sheet. Sprinkle with sea salt and 1 tablespoon olive oil if you choose. Bake for about 10 minutes until lightly browned and fragrant.
2. *For dressing:* Combine vinegar and mustard in a small bowl. Whisk in olive oil until well combined. Season with salt and pepper to taste.
3. *For bowl:* Begin by dividing farro among 4 bowls. Top evenly with kale, chicken, apples and avocado. Drizzle with creamy balsamic dressing and then top evenly with cheese and pecans.

Note: Chicken can be tossed in the balsamic dressing beforehand. Lightly sauté the kale in olive oil if you do not like it raw, or use spinach instead.

Recipe adapted by Mariah Fredritz, CHES, ACE from Kelsey Nixon

