

Chicken Harvest Grain Salad



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Ingredients:

2	chicken breasts, sliced into 2" strips
¼ cup	green peppers, diced ¼" ⅓
4 oz.	Herb Vinaigrette
¼ cup	red peppers, diced ¼"
1 cup	butternut squash, peeled and diced ½"
2 Tbsp	yellow peppers, diced ¼"
1 cup	turnips without the tops, peeled and diced ½"
2 Tbsp	yellow onion, diced ¼"
¼ cup	pearl barley, cooked
¼ cup	split peas, cooked
¼ cup	wild rice, cooked
¼ cup	orzo, cooked
6 oz.	Mesclun or other greens (spinach, lettuce)

Directions:

1. Marinate raw chicken with 2 oz. herb vinaigrette in the refrigerator for 4 hours.
2. Spray baking sheets with vegetable spray. Place squash, onions, and turnips in a single layer. Roast in preheated 350 ° oven for 15 minutes or until lightly browned.
3. Mix onions and peppers together and set aside.
4. Place each grain and pasta in a separate pan. Cover with water, up to ½" above grain.
5. Simmer until tender (approximately 10-20 minutes depending on grain or pasta).
6. Strain grains and pasta and rinse under cold water. Once strained and cooled, mix until combined.
7. Sauté marinated chicken until lightly golden.
8. Add ¼ cup chicken, ⅓ cup roasted vegetables and ¼ cup peppers. Toss to combine.
9. Add ¾ cup mixed grains and 2 oz. herb vinaigrette. Toss gently to combine.
10. Serve over a bed of greens.



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