



Rainbow Grain Bowls

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When trying to pack nutrient-rich foods into your diet, meal prep is always an easy recipe for success. While this could also make a great meal for four, it could just as easily be a stack of healthy lunches in your fridge for the whole week. Everything is customizable to what you have on hand, but the equation is simple: a hearty grain that's seasoned throughout, plenty of colorful, vitamin-and-fiber-packed vegetables, a simply-cooked lean protein, and an irresistible sauce that pulls it all together. Below includes instructions for cooking the chicken in the oven, but you could just as easily grill it.

Serves x-x

Ingredients:

- 1 cup farro*
- 2 tablespoons apple cider vinegar
- Kosher salt & freshly ground black pepper
- 1 12 oz bag broccoli florets, cut into 1" pieces
- 1 red onion, sliced ¼"
- 1 red, yellow, or orange bell pepper, diced into 1" pieces
- 4 medium carrots, cut into 1" pieces
- ½ cup tahini
- 3 tablespoons freshly squeezed lemon or lime juice
- 1 tablespoon tamari/soy sauce
- 4-5 tablespoons water
- Olive oil
- 2 lbs. Boneless, skinless, chicken thighs/breasts OR pulled rotisserie chicken meat
- ¼ cup chopped fresh parsley or cilantro, for serving

Method:

1. Preheat oven to 425°F. In a medium saucepan, bring 2 quarts of water to a boil. Rinse farro in a fine-mesh sieve. When water comes to a boil, add 2 tablespoons of apple cider vinegar and a generous pinch of salt. Add farro and stir to prevent sticking. Reduce heat to medium-high and let farro cook until it is tender, but with a nice chew. Start checking for doneness after 20 minutes.
2. Meanwhile, cook the vegetables and chicken: Spread vegetables evenly in one layer on a rimmed sheet pan. Toss with olive oil, salt, and pepper. On another rimmed sheet pan (you can line with foil for easier cleanup, if desired), season boneless, skinless chicken thighs with your favorite seasoning blend, rub, or simply with kosher salt and black pepper. Place both sheet pans in the oven and cook undisturbed for 25 minutes. The vegetables should be charred in spots, but still have a bite to them and the chicken should be cooked to at least 165°F. Since they are chicken thighs, you can cook them up to 180°F without them seeming overcooked. Let chicken rest 10 minutes before cutting into cubes or slices, as desired.



What's 4 Dinner?

3. In a medium bowl, combine tahini, lemon or lime juice, soy sauce, and 2 tablespoons of water. Whisk ingredients together until smooth. The tahini will cause the mixture to seize up–this is normal. Add water a tablespoon at a time until you’ve reached the desired drizzly consistency (about 4-5 tablespoons total). Taste the sauce, and adjust seasoning with salt, if needed.
4. Assemble bowls (or air-tight containers) by spooning about 1/2 cup cooked farro as a base. Then top with vegetables and chicken. Drizzle with sauce and top with fresh herbs, as desired.

***Notes**

Farro can be found in many different forms (pearled, semi-pearled, unpearled). It’s hard to know which kind you’re buying–look for a cook time of approx 30 mins on the package (which is most-likely the “semi-pearled” variety).