

Recipes makes: 4 Servings

Nutrition Facts			
Serving Size: 2oz chicken breast with farro salad			
Servings: 4			
Amount Per Serving			
Calories 350	Calories from Fat 100		
% Daily Value*			
<b>Total Fat</b> 11g	16%		
Saturated Fat 4.5g	22%		
Trans Fat 0g			
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 0.5g			
<b>Cholesterol</b> 65mg	21%		
<b>Sodium</b> 630mg	26%		
<b>Total Carbohydrate</b> 31g	10%		
Dietary Fiber 3g	13%		
Sugars 6g			
<b>Protein</b> 29g			
Vitamin A 25%	Vitamin C 25%		
Calcium 25%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet.			
Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Ingredients-

- ♥ 2/3 C dry farro
- ♥ 2 C tomato, diced
- ♥ ½ C mozzarella cheese, sliced
- ♥ 2 Tbsp fresh basil
- ♥ ¼ C light balsamic dressing
- ♥ ¼ tsp salt and pepper
- ♥ 1 C chicken breast, trimmed (2oz portions)
- ♥ ¼ C **D'Avolio 18 Year Balsamic Vinegar**
- ♥ 2 tsp Italian table blend seasoning

## PREPARATION:

1. Trim and marinate chicken in Balsamic Vinegar & Italian Seasoning
2. Cook off farro & cool - toss in light balsamic dressing.
3. Combine tomato & basil, salt & pepper to taste.
4. Grill Chicken and top with 1 Tbsp mozzarella on each piece.
5. Portion farro salad and 2oz cooked chicken topped with 1/4 cup tomato mix.
6. Enjoy!