



Grilled Chicken and Grain Wrap

Serves 12

Ingredients:

- 12 each 8" Smart Hearty Grains Tortilla (47087)
- 6 cups Farro , cooked
- 12 oz. Snap Peas , sliced
- 12 oz. Red Bell Peppers , medium dice
- 12 oz. Cucumbers , medium dice
- 2 1/4 cups Herb Dressing , see related recipe
- As needed Kosher Salt
- As needed Black Pepper
- 2 1/4 lbs. Grilled Chicken, see related recipe

Directions:

1. To prepare the grain salad, add farro, snap peas, red bell peppers, cucumbers and Herb Dressing into a mixing bowl. Mix until combined.
2. Season with salt and pepper to taste and reserve cold for service.
3. To prepare one wrap, add 1 cup of the grain salad mixture to the tortilla, and add 3 oz. of the Grilled Chicken slices. Roll tortilla into a wrap.

Herb Dressing

Serves 1

Ingredients:

- 1 1/2 cups Greek Yogurt
- 3 oz. Extra Virgin Olive Oil
- 1 Tbsp. Kosher Salt
- 1 1/2 tsp. Black Pepper
- 3 Tbsp. Red Wine Vinegar
- 1 Tbsp. Fresh Thyme leaves
- 1 Tbsp. Fresh Rosemary
- 3 Tbsp. Scallions , sliced
- 1 1/2 tsp. Garlic , peeled, minced

Directions:

1. In a mixing bowl, add all ingredients. Stir until combined.
 2. Reserve cold for service.
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Recipes

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Grilled Chicken

Prep Time: 120 Minutes

Cooking Time: 8 Minutes

Serves 1

Ingredients:

1/4 cup Lemon Juice

1/4 cup Extra Virgin Olive Oil

2 tsp. Kosher Salt

1 tsp. Black Pepper

1 Tbsp. Garlic ,peeled, minced

2 Tbsp. Fresh Parsley , chopped

2 1/4 lbs. Chicken breast, boneless, skinless

Directions:

1. In mixing bowl, add lemon juice, olive oil, salt and pepper, garlic and fresh parsley together. Whisk until combined.
2. Coat chicken breasts with marinade and let sit under refrigeration for 4 hours to overnight.
3. Grill chicken breast until internal temperature of 165°F. Let the chicken rest for 5 minutes. Slice and reserve cold until use.