



### **Grilled Chicken with Blueberry Apple Salsa over Cooked Farro**

Christianna Gozzi MA, MS, RD, Eurest at UHG onsite dining

Prep time: 15mins      Cooking time: 15 mins      Total time: 30 mins

Serves 4

#### **Ingredients:**

½ tablespoon (7.5 mL) canola oil  
1-pound (.45 kg) chicken breast  
1/8 teaspoon (.6 mL) each freshly cracked black pepper and kosher salt  
2 cups (480 mL) fresh blueberries  
½ cup (120 mL) diced granny smith apple, unpeeled  
2 tablespoons (30 mL) freshly chopped cilantro  
1 teaspoon (5 mL) diced jalapeno  
¼ medium red onion, thinly sliced  
1 teaspoon (5 mL) ground cumin  
1 tablespoon (15 mL) freshly squeezed lime juice  
2 cups (480 mL) cooked farro

#### **Instructions:**

1. Rub the chicken breast with the oil, salt and pepper and grill 5-7 minutes on each side turning once. Cook to 165F Internal temperature. Set aside.
2. Slice the blueberries in half. In a large bowl combine the apples, lime juice, blueberries, cilantro, jalapeno, onion, cumin, and pepper. Mix thoroughly.
3. To prepare: Place 1/2 cup farro on plate, top with 1 chicken breast sliced in strips, top chicken with 3/4 cup blueberry apple salsa.

**Nutrition:** Serving size ¼ recipe

Calories: 340

Sugar 9g

Sodium 260mg

Total fat: 5g

Sat/trans fat: 1.5g

Carbs: 40g

Fiber: 5g

Protein: 35g

Cholesterol: 102 mg