

# Farro bowls with honey mustard dressing

FOR



**HUNGRY RUNNERS**

## BENEFITS

- EXCELLENT CARB SOURCE FOR FUELING
- MUSCLE-REPAIRING PROTEIN
- LOADED WITH VITAMINS AND MINERALS
- ANTI-INFLAMMATORY BENEFITS

## INGREDIENTS

For the bowls:

- 2 cups cooked farro
- 1 pound boneless, skinless chicken breast
- 8 cups baby arugula
- 1 cup dried cherries

For the dressing:

- 1/2 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon Dijon mustard (can sub whole grain mustard)
- 3 tablespoons honey
- Salt, to taste



## Directions

Prep the farro according to package instructions. Store in an airtight container in the fridge.

Cook the chicken in a slow cooker on low for about 6 hours, or until the chicken is cooked through and has an internal temperature of 165 degrees F. Remove from the slow cooker, place on a cutting board, and use two forks to shred the chicken into pieces.

If you don't have a slow cooker, you can also boil the chicken. Place the breasts in a large pot and add enough liquid (water or broth) to cover the chicken. Bring to a boil, then reduce heat to maintain a gentle boil. Cook for about 10 to 15 minutes until the chicken has an internal temperature of 165 degrees F. Remove from the pot and shred.

In the meantime, whisk together the olive oil, apple cider vinegar, Dijon mustard, honey, and salt.

If you're eating at a later time, store the farro, chicken, and dressing in separate containers in the fridge. When you're ready to eat, make a bowl with some farro, chicken, arugula, dried cherries, and dressing.

Enjoy!



*If you want to switch up the protein source, chickpeas, lentils, or hard-boiled eggs also work – it's up to you!*