



Grilled Greek Chicken and Sun-Dried Tomato Salads

INGREDIENTS

½ cup Hy-Vee Select farro
⅓ cup plus 1-1/2 tbsp.
Gustare Vita extra-virgin
olive oil, divided
2 tbsp fresh lemon juice
1 tbsp Hy-Vee stone
ground Dijon mustard
1 (16-oz.) pkg. Hy-Vee True
boneless skinless chicken
breasts
2 tbsp salt-free all-purpose
Greek seasoning
6 oz fresh asparagus,
trimmed
4 cups Hy-Vee butter
lettuce salad mix
4 cups arugula, lightly
packed
¾ cup Gustare Vita
marinated sun-dried
tomatoes, drained and
sliced
½ cup cherry tomatoes,
sliced
½ cup Soiree crumbled
traditional feta cheese
2 Hy-Vee Short Cuts hard-
boiled eggs, quartered
Fresh basil, for garnish

PREPARATION

- 1** Cook farro according to package directions. Transfer to bowl; set aside.
- 2** For dressing, whisk together ⅓ cup olive oil, lemon juice, and mustard in small bowl. Drizzle half the dressing over farro; toss to combine. Reserve remaining dressing for serving.
- 3** Preheat a charcoal or gas grill with a greased grill rack for direct cooking over medium-high heat (375°).
- 4** Pat chicken dry with paper towels. Brush both sides of chicken with 1 tablespoon olive oil; sprinkle with Greek seasoning. Grill 15 to 20 minutes or until chicken reaches 165°, turning chicken halfway through. Remove from heat; cut into slices and set aside.
- 5** Brush asparagus with remaining ½ tablespoon olive oil. Grill 6 to 8 minutes or until tender, turning occasionally. Remove from grill; cut into 2-inch pieces.
- 6** To serve, toss together butter lettuce, arugula, sun-dried tomatoes, cherry tomatoes, farro mixture, and asparagus; divide among 4 large salad plates. Top with sliced chicken, feta cheese, and hard-boiled eggs. Serve with reserved dressing. Garnish with basil, if desired.

NUTRITION FACTS

Calories: 620
Total Fat: 39g
Saturated Fat: 7g
Trans Fat: 0g
Cholesterol: 190mg

Sodium: 1070mg
Carbohydrates: 32g
Fiber: 7g
Sugar: 7g
Protein: 39g