

RECIPE

Freekeh Salad with Kale, Brussels Sprouts & Pomegranate Seeds

4 servings

Ingredients

For the Lemon Dijon Vinaigrette:

1/4 cup lemon juice
1 tablespoon Dijon mustard
1/4 teaspoon kosher salt
1/8 teaspoon ground black pepper
1/4 teaspoon chili powder
1/4 teaspoon ground cumin
2 tablespoons fresh chopped dill weed
2 teaspoons fresh chopped oregano
1/4 cup canola olive oil blend

For the Salad:

4 ounces (1 cup) shredded rotisserie chicken, breast and thigh
1 cup thinly sliced kale, stems removed
1 cup thinly sliced Brussels sprouts
1 cup halved cherry tomatoes
1 cup diced cucumbers
1 cup pomegranate seeds

For the Freekeh:

3/4 cup dry Freekeh
2 cups water

Directions

- 1. For the Lemon Dijon Vinaigrette:** Whisk together all ingredients in a small bowl, or place ingredients in an 8 oz. mason jar, add lid and shake to combine.
- 2. For the Freekeh:** Bring water to a boil. Stir in Freekeh, reduce heat and simmer covered for 25 minutes or until Freekeh is tender and most of the water is absorbed. Drain and cool before assembling salad.
- 3. To build the salads:** Use 4 (16 oz.) Mason jars or desired container.
- 4. To serve:** In each 16 oz. Mason jar arrange: 1/2 cup cooked Freekeh, 1/4 cup of each chicken, kale, Brussels sprouts, tomatoes, cucumbers, and pomegranate seeds. Top with 2 Tablespoons of dressing, cover with lid, and shake to serve.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
323	16	2	35	12	8	465