



MEALS

APPLE CHEDDAR GRAIN BOWL

This hearty grain bowl is easy to assemble and uses ingredients you probably already have on hand. Use precooked rotisserie chicken and your favorite whole grain to start this easy bowl.

SERVINGS:

4 people

PREP TIME:

5 minutes

COOK TIME:

2 minutes

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- ☐ 8 cups mixed greens
- ☐ 3 cups cooked barley (or other whole grain)
- ☐ 12 ounces rotisserie chicken, in bite sized pieces
- ☐ 1 cup cubed sharp cheddar cheese, cut into about ½ inch cubes
- ☐ ¼ cup sunflower seeds

DRESSING:

- ☐ 1/3 cup balsamic vinegar
- ☐ ½ cup olive oil
- ☐ ¼ teaspoon salt
- ☐ 1/8 teaspoon freshly ground black pepper

INSTRUCTIONS:

1. Core and chop Gala apples into ½ inch cubes, and thinly slice white and green parts of green onions. Set aside.
2. Divide mixed greens, cooked barley, chicken, cheddar cheese, apples, green onion, and sunflower seeds between 4 plates or large bowls.
3. Prepare salad dressing by pouring balsamic vinegar and olive oil into a small mixing bowl. Add salt and pepper, whisk immediately prior to serving. Enjoy.

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