



Prep & Cook Time **5-10 min.** | Cook Within **5 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



5 Minute Lunch

## Prosciutto Apple Bowl

no cooking required

### In your box

8 oz. Cooked Wheatberries  
3 fl. oz. Creamy Italian Dressing  
2 Asiago Cheese Crisps  
2 oz. Baby Arugula  
1 Fuji Apple  
3 oz. Prosciutto

### Make the Grain Bowl

- Thoroughly rinse produce and pat dry.
- Quarter **apple** and remove core. Cut into ½” slices.
- Tear **prosciutto** into bite-sized pieces.
- Microwave **wheat berries** until warm, 1-2 minutes.
- Top wheat berries with prosciutto, **arugula**, and apple. Drizzle with **dressing** and garnish **cheese crisps**. Bon appétit!

NUTRITION per serving Calories: 614, Carbohydrates: 58g,  
Fat: 35g, Protein: 9g, Sodium: 999mg.  
CONTAINS milk, eggs, wheat

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.