



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



5 Minute Lunch

Chicken Caprese Grain Bowl

no cooking required

In your box

- 3 fl. oz. Parmesan Peppercorn Dressing
- 2 oz. Shredded Mozzarella
- 4 oz. Grape Tomatoes
- 8 oz. Cooked Wheatberries
- 2 oz. Baby Spinach
- 1 Tbsp. Basil Pesto
- 6 oz. Roasted Chicken Breast

Make the Grain Bowl

- Thoroughly rinse produce and pat dry.
- Microwave **wheatberries** until warm, 1-2 minutes.
- Microwave **roasted chicken** until warm, 1-2 minutes. Combine with **basil pesto**.
- Toss **spinach**, wheatberries, **tomatoes**, and **cheese** with **dressing**. Garnish with **chicken**. Bon appétit!

NUTRITION per serving Calories: 628, Carbohydrates: 57g, Fat: 36g, Protein: 32g, Sodium: 1154mg.
CONTAINS milk, eggs, wheat, soy

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