



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



5 Minute Lunch

Blackened Chicken Grain Bowl

no cooking required

In your box

- 1 ½ fl. oz. Roasted Garlic Onion Dressing
- 2 oz. Spring Mix
- 8 oz. Cooked Wheatberries
- 1 oz. Dried Cranberries
- 6 oz. Roasted Chicken Breast
- 1 tsp. Blackening Seasoning

Make the Grain Bowl

- Thoroughly rinse produce and pat dry.
- Mix **wheatberries** with 1 Tbsp. **water** in a microwave safe bowl. Cover with a damp paper towel. Microwave until warm, 2 minutes, stirring once halfway through.
- Toss **chicken** with **blackening seasoning** and microwave until warm, 1-2 minutes.
- Toss **spring mix**, chicken, and wheatberries with **dressing**. Garnish with **cranberries**. Bon appétit!

NUTRITION per serving Calories: 410, Carbohydrates: 63g, Fat: 10g, Protein: 25g, Sodium: 842mg.

CONTAINS eggs, wheat, soy

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