



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



5 Minute Lunch

## Balsamic Basil Chicken Grain Bowl

no cooking required

### In your box

½ oz. Baby Arugula  
1 oz. Julienned Sun-Dried Tomatoes  
1 oz. Shredded Asiago Cheese  
1.9 oz. Balsamic Basil Dressing  
8 oz. Cooked Wheatberries  
6 oz. Roasted Chicken Breast

### Make the Grain Bowl

- Combine **wheatberries** and 2 Tbsp. **water**. Microwave until warm, 1-2 minutes.
- Microwave **chicken** until warm, 1-2 minutes.
- Combine wheatberries, chicken, **arugula**, **sun-dried tomatoes**, and **dressing**. Top with **cheese**. Bon appétit!

**NUTRITION** per serving Calories: 475, Carbohydrates: 49g, Fat: 19g, Protein: 24g, Sodium: 942mg.

CONTAINS milk, wheat

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