

Pesto Chicken With Farro



Active: 25 mins

Servings: 6

Total: 25 mins

Ingredients

For the pesto

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|---------------------------|------------------------------|
| 2 cups fresh basil leaves | 1 clove garlic |
| ¼ teaspoon lemon zest | 6 tablespoons olive oil |
| ½ teaspoon kosher salt | ¼ cup grated Parmesan cheese |
| ⅛ teaspoon pepper | |

For the chicken and farro

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|------------------------------|--|
| 1 ½ cups quick-cooking farro | 1 pound (about 2 whole) boneless, skinless chicken breasts, sliced crosswise into strips |
| 1 tablespoon olive oil | |
| 1 pint grape tomatoes | 2 cups frozen corn, thawed |

Directions

Step 1

In food processor, combine basil, lemon zest, salt, pepper, and garlic. Pulse until basil is finely chopped. Slowly add olive oil while processor is running. Add Parmesan and process 30 seconds.

Step 2

Prepare farro according to package directions. While it cooks, in a large skillet over medium-high heat, warm oil. Add tomatoes, and cook undisturbed for 1 to 2 minutes. Stir, then cook 1 to 2 minutes more. Transfer to plate.

Step 3

Reduce heat to medium and add chicken to skillet in a single layer. Cook until it's no longer pink and is lightly seared, about 3 minutes per side. Add corn and cook for 2 minutes. Return tomatoes to pan and cook 1 minute. Move to a bowl; toss with pesto. Serve over farro.

Nutrition Facts

Per Serving:

477 calories; total fat 20g; saturated fat 3g; sodium 340mg;
carbohydrates 50g; fiber 7g; sugar 3g; protein 28g.