

# GRILLED CHICKEN WITH FARRO AND ROASTED CAULIFLOWER

Total Time 20 minutes | Servings: 2

## INGREDIENTS

10 ounces boneless, skinless chicken thighs  
1 1/2 cup cooked farro  
1 cup roasted cauliflower  
2/3 cup roasted green pepper  
2/3 cup roasted red peppers  
1/4 cup low-sodium chicken/vegetable broth  
1/4 cup fresh mint leaves  
1 tablespoon pine nuts, toasted  
2 teaspoons EVOO  
2 teaspoons lemon juice, plus wedges  
3/8 teaspoon salt  
1/4 teaspoon ground cinnamon



## INSTRUCTIONS

Begin by heating a large skillet or grill pan over medium-high heat. Brush the chicken with oil and then sprinkle the cinnamon and 1/8 teaspoon of salt over top. Cook, flipping once, until the chicken is browned and an instant-read thermometer inserted in the thickest part registers 165 degrees Fahrenheit, about 10 minutes. Meanwhile, combine the farro, cauliflower, green and red peppers, broth, lemon juice and the remaining 1/4 teaspoon salt in a medium saucepan. Cover and cook over medium heat until heated through, about 8 minutes. Serve the chicken over the farro and vegetables. Sprinkle with mint and pine nuts. If desired, serve with a lemon wedge.