

# **Black Bean, Corn, Sweet Potato and Farro Bowl with Creamy Avocado Yogurt Sauce**

Servings: 2

## **Ingredients for the bowl:**

- 8 oz of farro, cooked according to instructions
- 1 cup of corn
- 1 cup of low sodium black beans, rinsed and drained
- 1 medium sweet potato, peeled
- 2 tbsp of olive oil

## **Ingredients for sauce:**

- 1 medium avocado
- 1/3 cup plain, non-fat greek yogurt
- Optional: reduced fat shredded Mexican blend cheese, cilantro, hot sauce

## **Instructions for bowl:**

1. Preheat oven to 425 and line a baking sheet with tin foil.
2. Dice sweet potatoes and move to baking sheet lined with foil.
3. Coat sweet potatoes with olive oil and roast for about 20-30 minutes, flipping halfway through.
4. Meanwhile, cooked farro according to packaged instructions
5. Heat corn and black beans then combine with cooked farro.
6. Toss in roasted sweet potatoes

## **Instruction for sauce:**

1. In food processor, process green yogurt and avocado together until smooth.
2. Drizzle or dollop over the bowl of farro.
3. Top the rest of the bowl with optional ingredients.

Nutrition Information for 1 serving: Calories 488, Fat 17g (Monounsaturated Fat 10g, Polyunsaturated Fats 2g), Cholesterol 1mg, Sodium 287mg, Carbohydrates 76g, Fiber 13g (Total Net Carbs minus fiber 63g) Protein 15g

# Chicken, Asparagus, Sun-Dried Tomato and Wheat Berries

Servings: 4

## Ingredients:

- ½ a large sweet onion, chopped
- ½ tbsp olive oil
- ¼ tsp thyme
- Bunch of Asparagus (though ends removed)
- Clove of garlic, minced
- ¼ cup sun-dried tomatoes (air, not oil packed)
- 8oz chicken breast
- 1 ½ cup wheat berries (precooked according to package in chicken broth)
- Salt-free blend optional

## Directions:

1. Sauté the onions and thyme in oil over medium-high heat.
2. Cut asparagus on the diagonal into bite size pieces. Add the asparagus and garlic to the pan and stir.
3. Chop the sun-dried tomatoes into thin strips, and add to the pan, stir.
4. Thinly slice the chicken breast, and add it to pan as well. Sauté until the chicken is just about cooked, then add wheat berries.
5. Cook for about another minute, season with salt-free blend to taste.

## How to cooked wheat berries:

1. Pick through wheat berries and discard any with discoloration or damage. Rinse the wheat berries in a mesh strainer until the water runs clear, about 2-3 minutes.
2. Add wheat berries to saucepan with 3 times as much water or stock.
3. Bring to boil, then reduce heat until it simmers, then place lid on top to cover.
4. Cooked 30-45 minutes (depending on type of wheat berries) until soft. The berries should have a tender but yet still having a chewy bit without a hard center.
5. Drain the wheat berries with a strainer.

Nutrition Information for 1 serving: Calories 191, Fat 4g, Cholesterol 28mg, Sodium 137mg, Carbohydrates 27g, Fiber 6g (Total Net Carbs minus fiber 21g) Protein 16g