



WHATSheATE



## Chicken, Green Bean, Corn, and Farro Salad with Goat Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups ears corn fresh yellow (cut from 2 to 3 ears of corn)
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon marjoram fresh minced
- ☐ 1.3 cups goat cheese fresh crumbled
- ☐ 12 ounces green beans trimmed cut into 1 1/2-inch pieces
- ☐ 0.8 cup spring onion thinly sliced
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided

- ☐ 2 tablespoons shallots minced
- ☐ 8 ounces chicken breast halves boneless skinless
- ☐ 0.5 cup farro
- ☐ 2 tablespoons citrus champagne vinegar

## Equipment

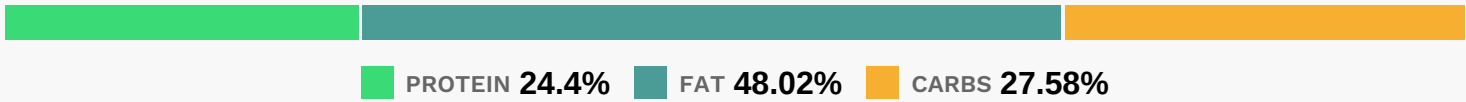
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen towels

## Directions

- ☐ Cook farro in medium saucepan of boiling salted water until just tender, 20 to 25 minutes.
- ☐ Drain; cool.
- ☐ Meanwhile, heat 1 tablespoon oil in heavy medium skillet over medium-high heat.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add chicken to skillet; cook until golden brown and cooked through, about 8 minutes per side. Cool, then cut into 1/2- to 3/4-inch cubes. Cook green beans in large saucepan of boiling salted water until crisp-tender, about 4 minutes.
- ☐ Drain. Rinse under coldwater to cool; drain.
- ☐ Transfer beans to kitchen towel; pat dry.
- ☐ Mix farro, chicken, and green beans in large bowl; add corn and green onions.
- ☐ Combine remaining 2 tablespoons oil, marjoram, and 1/2 teaspoon coarse salt in small bowl. Press with back of spoon to release flavor.
- ☐ Whisk in vinegar, shallot, and mustard.
- ☐ Pour over salad in bowl; toss to coat. Season to taste with salt and pepper. DO AHEAD: Salad can be made 1 day ahead. Cover and chill.
- ☐ Divide chilled or room-temperature salad among plates.
- ☐ Sprinkle with goat cheese.

\* Available at specialty foods stores, natural foods stores, and Italian markets.

# Nutrition Facts



## Properties

Glycemic Index:59.25, Glycemic Load:10.58, Inflammation Score:-9, Nutrition Score:29.118260798247%

## Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

## Nutrients (% of daily need)

Calories: 518.93kcal (25.95%), Fat: 28.7g (44.16%), Saturated Fat: 12.49g (78.04%), Carbohydrates: 37.09g (12.36%), Net Carbohydrates: 30.29g (11.02%), Sugar: 10.28g (11.42%), Cholesterol: 68.92mg (22.97%), Sodium: 653.66mg (28.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.81g (65.62%), Vitamin K: 92.35µg (87.96%), Manganese: 1.08mg (54.25%), Phosphorus: 496.91mg (49.69%), Vitamin B3: 9.74mg (48.68%), Vitamin B6: 0.87mg (43.47%), Copper: 0.77mg (38.31%), Selenium: 24.22µg (34.6%), Vitamin A: 1704.52IU (34.09%), Vitamin B2: 0.5mg (29.2%), Magnesium: 109.72mg (27.43%), Fiber: 6.79g (27.17%), Vitamin C: 20.62mg (24.99%), Vitamin B1: 0.36mg (24.22%), Iron: 4.26mg (23.66%), Folate: 93.63µg (23.41%), Vitamin B5: 2.27mg (22.68%), Potassium: 764.01mg (21.83%), Vitamin E: 2.43mg (16.21%), Calcium: 158.5mg (15.85%), Zinc: 2.34mg (15.61%), Vitamin B12: 0.25µg (4.14%), Vitamin D: 0.34µg (2.27%)