

## Chicken + Blistered Green Beans & Farro Sauté

yield: 4 portions

**Note:** If you have any fresh herbs that need using up, they'll make a great addition to the Farro Sauté once it's off the heat.

**Make It Easy:** Serve this meal family-style.

### Components:

4 x 6 oz portions <i>Lightly Roasted Chicken Breasts</i>	salt & pepper, to taste
avocado oil, for sautéing (~2-3 T)	1.5 c red cabbage, shredded (1" shred)
1/2 c yellow squash, quartered & 1/2" sliced	2 c <i>Cooked Farro</i>
4 c <i>Steamed Green Beans</i>	1 c <i>Crunchy Chickpeas</i>
8 cloves garlic, minced (~1 T + 1 tsp)	1 c <i>Marinated Cucumbers</i>
2 T onion, minced	

### Directions:

Heat an extra-large sauté pan until screaming hot, then add the oil. It should begin to smoke almost immediately. Add the squash & toss frequently. Season with salt & pepper as you go.

Once the squash begins to turn translucent around the edges & develops some color, add the green beans. Keep the pan moving over high heat. When the green beans start to blister & develop charred spots, add the garlic & onions. Toss frequently & season as needed.

Be careful not to burn the garlic—it will turn bitter. Keep the pan moving & the ingredients tossing.

When the onions & garlic become aromatic & softened, add the cabbage. Sauté for about 30 seconds more over high heat. Add the farro & chickpeas, cooking just long enough to heat the farro through.

Remove from heat & divide the mixture among 4 serving plates. Top each portion with reheated *Lightly Roasted Chicken Breasts* & *Marinated Cucumbers*.