

Farro Arugula Strawberry Chicken Salad

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-strawberry-chicken-salad-recipe>

Ingredients:

- 1/2 cup farro uncooked
- 1 1/2 cups water
- 1 whole rotisserie chicken white meat removed and roughly chopped
- 6 cups arugula
- 1 cup strawberries quartered
- 3 ounces goat cheese crumbled
- 1/3 cup sliced almonds
- 1/4 cup red onion slices
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 1 tablespoon ground mustard
- 1 tablespoon honey
- 1/2 teaspoon basil
- salt
- pepper

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 425 milligrams
4. Fat: 28 grams
5. Fiber: 6 grams
6. Protein: 43 grams
7. SaturatedFat: 10 grams
8. Sodium: 420 milligrams
9. Sugar: 9 grams

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