

## **Chicken and Farro with Blistered Tomato Sauce** (Main Courses)

- 1 Tbsp Halladays Harvest Barn Garlic Tomato Basil Dip mix
- 1 lb of Boned Chicken Thighs or Breasts (cut or pounded thin)
- 1 medium zucchini, halved and sliced diagonally
- 2 Tbsp. capers/ drained and chopped
- 1 cup cherry tomatoes, halved
- 1 cup of farro
- 2 Tbsp. Greek Yogurt
- 1/2 cup of water
- 3 Tbsp. grated Parmesan cheese
- 2 Tbsp. Greek Yogurt
- 2 cloves of garlic minced
- 3 Tbsp. of olive oil

Cook farro in boiling salted water for 18 to 20 minutes and drain.

Saute zucchini in 1 Tbsp. of olive oil for 4 minutes. Add chopped garlic and cook for another 2 minutes. Remove from pan.

Season chicken with 2 tsp. of Halladay's Harvest Barn Garlic Tomato Basil Seasoning and salt and Pepper to taste. In the zucchini pan, add another Tbsp. of olive oil and cook the seasoned chicken for 6 to 7 minutes per side until done.

In a second pan add another Tbsp. of olive oil and cook the halved cherry tomatoes for 1 to 2 minutes, flattening them as they cook. Add the water, chopped capers and remaining seasoning and cook for 1 to 2 more minutes until the sauce is thickened.

To the cooked farro add the Greek Yogurt, zucchini and 2 Tbsp. of cheese. Add salt and Pepper to taste.

Line your plate with the farro mixture, top with the cooked chicken and the pan sauce. Garnish with the remaining cheese.