



Farro and Roasted Carrot Jar Salad



4 servings



45 mins prep | 50 minutes total time

Per serving:
552 calories
45 g carbs
11 g fiber
24 g fat
43 g protein

Ingredients

- 1 1/2 cups farro, rinsed and cooked
- 2 cups carrots, roasted, sliced crosswise into round discs
- 1 tbsp olive oil
- 4 scallions, chopped
- 2 cups cherry tomatoes, sliced
- 3 chicken breasts, grilled (or leftover rotisserie chicken)
- 1/3 cup sunflower seeds
- 8 cups romaine lettuce

Dressing

Ingredients

- 3/4 cup Greek yogurt, 2% (dairy or plant-based)
- 4 tbsp lemon juice
- 1 1/3 tbsp minced garlic
- 4 tbsp olive oil
- 1 1/3 tbsp dill
- salt and pepper, to taste

Directions

Prep

1. **Cook** farro - in a medium pot, bring water to a boil. Add farro and simmer for 25-30 minutes until soft but still a bit chewy.
2. **Roast carrots**- wash, peel and slice 4 large carrots crosswise into round discs, about 1/4 inch thick. Toss with 1 tbsp of olive oil, salt and pepper to taste. Arrange carrots in a single layer on a lined baking sheet. Bake at 400° for 20 minutes. Note: *You can use any pre-roasted vegetable in place of the carrots.*
3. **Slice** scallions, cherry tomato, & chicken, wash romaine.

Make

1. **Dressing:** Combine Greek yogurt, lemon juice, garlic, olive oil, dill, salt, and pepper in a small bowl. Adjust to taste.
2. **Layer:** In 4 mason jars, start with the dressing. Layer green onions, cherry tomatoes, cooked farro, roasted carrots, grilled chicken, sunflower seeds, and top with romaine lettuce.
3. **Store & Enjoy:** Seal the jars and refrigerate. When you're ready, invert into a bowl, toss well, and enjoy!



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