



SLOW-COOKER MEDITERRANEAN CHICKEN AND FARRO

 4 portions

INGREDIENTS

- 2 tablespoons olive oil
- 4 (6-oz.) bone-in, skin-on chicken thighs
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper, divided
- Cooking spray
- 3 cups unsalted chicken stock
- 1/2 cup of pearled Farro (104 g) such as Bob's red mill
- 1/2 cup chopped shallots
- 10 pitted Castelvetrano olives, sliced
- 1.5 tbsps (drained) of capers, canned (13 g)
- 1/2 cup finely chopped fresh flat-leaf parsley
- 1 teaspoon lemon zest plus 1 Tbsp. fresh lemon juice
- 1 garlic clove, grated
- 1/4 teaspoon crushed red pepper
- Fresh flat-leaf parsley leaves, for garnish
- 1/4 cup toasted almonds, finely chopped

COOKING METHOD

1° Step 1 Heat oil in a large skillet over medium-high. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Cook chicken until browned, about 2 minutes per side. Set aside. Step 2 Coat a 5-quart slow cooker with cooking spray. Stir together stock, farro, shallots, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper in slow cooker. Top with chicken; sprinkle with olives and capers. Cover and cook on low until a thermometer inserted in chicken registers 165°F, 7 to 8 hours. Step 3 Remove chicken from slow cooker. Add chopped parsley, almonds, lemon zest and juice, garlic, and red pepper to farro mixture; stir until creamy. Garnish servings with parsley leaves.

2° Serves 4 (serving size: 1 thigh and .33 cups farro)

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (303 g)	% DRI
ENERGY	115 kcal	349 kcal	17 %
FAT	7 g	20 g	31 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	18 %
CHOLESTEROL	14 mg	41 mg	14 %
SODIUM	105 mg	317 mg	13 %
CARBOHYDRATE	9 g	27 g	9 %
SUGARS	1 g	2 g	—
FIBER	1 g	2 g	8 %
PROTEIN	5 g	16 g	—