

Paprika Chicken and Warm Farro

2 servings

with Mushrooms & Thyme

Ingredients

Paprika Chicken

- 2 chicken breasts or thighs
- 1 teaspoon of olive oil
- ½ teaspoon of paprika
- 1 teaspoon of cumin
- Salt and pepper
- 1 ¼ cups of chicken broth
- 1 tablespoon Olive Oil
- 4 ounces of cremini mushrooms
- ⅓ shallot, minced
- ½ teaspoon thyme
- 1 tablespoon dry sherry (can substitute chicken broth)

Warm Farro:

- Salt and pepper
- ½ cup of Farro
- 1 tablespoon fresh parsley
- ½ teaspoon sherry vinegar (optional)

Directions

- 1 Heat 1 teaspoon of olive oil in a skillet over medium to high heat.
- 2 Sprinkle the paprika, cumin, salt, and pepper evenly over the chicken breasts or thighs.
- 3 Place the chicken breasts or thighs in the hot pan and cook through, about eight minutes per side.
- 4 While the chicken is cooking, add Farro to chicken broth and bring to a boil. Allow to boil for 20 to 30 minutes until tender.
- 5 Once the chicken is done, remove it from the pan and set aside.
- 6 Heat ½ tablespoon of olive oil in the same pan as the chicken, and place on medium heat until simmering.
- 7 Once simmering, add mushrooms, shallot, thyme, and ¼ teaspoon salt and cook, stirring occasionally, until moisture has evaporated and vegetables start to brown.
- 8 Stir in sherry (or optional chicken broth), scraping up any browned bits, and cook until the skillet is almost dry.



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Once cooked, add farro, along with additional ½ tablespoon of olive oil, and cook until heated through.

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Remove from heat and stir in parsley and vinegar. Season with pepper and extra vinegar to taste.

Notes

- For the chicken breasts, you can slice them horizontally halfway through and fold it open and flat, for faster cooking. This is typically referred to as the butterfly method to cook chicken. If you are looking for faster chicken, the chicken can also be sliced into tenders or smaller pieces.

- Chicken is a complete protein and naturally low in sodium.

- Sauteing the mushrooms in the paprika chicken pan after the chicken is cooked adds a nice touch of flavor.

- The addition of chicken broth to the farro adds flavor and a boost of nutrients to the meal.

- You can use many different types of mushrooms besides cremini, for example, baby bella. However, shiitake mushrooms can be quite tough, so we do not recommend those.

- Farro is a nutrient-dense wheat grain known for its chewy texture and nutty flavor.

- Farro is an ancient variety of hulled wheat that originated in the Fertile Crescent of Mesopotamia thousands of years ago. Archaeologists have found evidence of it in tombs and settlements dating back over 10,000 years.

- Farro itself is a catch-all term used for three distinct grains: einkorn, emmer, and spelt. The emmer strain is the standard type commonly found in the U.S. and Europe.

- Farro served as the daily ration for Roman legions (military troops) and was praised for staying firm in broths.

- Farro is highly regarded for its nutritional profile, which is higher in protein and dietary fiber than other grains like rice. 1 serving of farro yields 7-8 grams of protein and 5-7 grams of fiber. This is much better compared to rice, which yields 4 grams of protein and less than one gram of fiber.

- Farro is also packed with magnesium, zinc, iron, and vitamin B3. In addition to these, its calcium content makes it a healthier choice of grain.