

## RECIPE

# Chicken Souvlaki & Barley

🕒 15 MINUTES / 2 SERVINGS

**A BALANCED, NUTRIENT-DENSE STAPLE** that delivers quality protein, complex carbohydrates, and lasting fuel.

### INGREDIENTS

- 2 4-oz skinless boneless chicken breasts
- 2 tsp olive oil, divided  
Salt and pepper
- 1 cup cooked pearly barley
- 2 tbsp chopped fresh dill
- 2 cups green beans
- ½ cup tzatziki

### FOR THE SALAD

- 2 cups mixed greens
- ¼ cup crumbled feta
- 1 tsp olive oil
- 1 lemon wedge



### INSTRUCTIONS

- 1 **BRUSH** chicken with 1 tsp oil and season with salt and pepper; grill over medium heat until cooked through, about 4 minutes per side.
- 2 **HEAT** barley and toss with ½ tsp oil and 1 tbsp dill.
- 3 **STEAM** green beans; season and toss with remaining ½ tsp oil.
- 4 **TOSS** greens with olive oil and feta; season and squeeze lemon over.

### NUTRITIONAL INFO PER SERVING

CALORIES

408

PROTEIN

32g

FIBER

5g