

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
- 1 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

406

PROTEIN

39g

FIBER

5g