

LEMON DIJON GRAIN & CHICKEN BOWL WITH ARUGULA AND BLISTERED TOMATOES



This Lemon Dijon Grain & Chicken Bowl is a zesty and fresh meal that's both quick and flavorful. It starts with a base of a ready-to-use Brickman's Lemon Dijon Hearty Grain Salad and Gordon Choice Pulled Rotisserie Chicken. The bowl is then topped with fresh arugula and cherry tomatoes that have been lightly blistered with garlic, bringing out their natural sweetness. Finished with crumbled feta for a salty tang and a squeeze of fresh lemon, this healthy bowl is perfect for a quick and satisfying lunch or dinner.

Ingredients:

- 3 cups Brickman's Lemon Dijon hearty grain salad #580164
- 3 cups Gordon Choice Pulled Rotisserie Chicken #441374
- 3 cups fresh arugula
- 2 cups cherry tomatoes
- 1 Tbsp olive oil
- 1 clove garlic, thinly sliced
- Salt & black pepper, to taste
- Crumbled feta
- Lemon
- Fresh basil or parsley, chopped (for garnish)

Instructions:

1. Blister tomatoes: Heat olive oil in a skillet over medium-high heat. Add tomatoes. Cook 4–5 minutes, shaking the pan occasionally, until skins blister and tomatoes soften. Season with a pinch of salt and pepper. Remove from heat.
2. Assemble bowls:
 - Base: Spread $\frac{3}{4}$ cup of the Lemon Dijon grain salad.
 - Greens: Add a handful of arugulas on one side.
 - Protein: Top with shredded chicken.
 - Veggies: Spoon blistered tomatoes over the top.
 - Finish: Garnish with feta and a drizzle of extra olive oil and squeeze of lemon. Pair with warm pita or crusty bread.

Product	Description	Code #	Pack Size
 Gordon Choice® Pulled Rotisserie Style Chicken	Elevate your menu in seconds with our restaurant-quality Savory Pulled Chicken! This 100% all-natural chicken is slow-cooked to juicy perfection, and kissed with a flavorful, rotisserie-style seasoning blend.	441374	5/2 lb.
 Brickman's® Lemon Dijon Hearty Grain Salad	This satisfying blend of barley, farro, and brown rice is complemented by tangy feta cheese and a bright lemon Dijon vinaigrette. Enjoy it as a ready-to-serve dish or use it as a versatile base for easy plus-one recipes.	580164	2/5 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

