

Thai Chicken and Basil Barley

Ingredients

- 1/4 cup basil
- 3 tsp parmesan cheese, fat free
- 1/4 tsp kosher salt
- 1/8 tsp pepper
- 1/2 tsp garlic
- 1-1/2 tbsp spinach
- 2-1/2 tbsp olive oil
- 1-1/2 cups barley
- 12-1/4 oz frozen cooked diced chicken
- 1/2 cup thai sweet chili sauce

Directions

1. Thoroughly wash basil before using. Place basil, parmesan cheese, salt, pepper, garlic, and spinach in a food processor or blender and pulse until combined. Stream in oil until an emulsion is formed. Taste and adjust seasoning as needed.
2. Cook barley according to instructions on package. Mix with pesto after fully cooked.
3. In a 9 x 11 inch pan, combine diced chicken and chili sauce. Cover with foil and bake in 350° F oven for 20 minutes or until internal temperature reaches 165° F.
4. To serve, place 1 cup of barley on plate and top with 1/2 cup of chicken mixture.

Notes

Number of Portions: 4

Serving Size: 1-1/2 cup

Nutrition Facts: 548 calories, 13.24 g fat, 1.54 g saturated fat, 816 mg sodium, 81.33 g carbohydrate, 11.22 g fiber, 26.1 g sugar, 26.88 g protein

