

Roasted Chicken

with Jalapeño-Herb Salsa, Mixed Citrus & Cracked Wheat Berries

The flavors of this dish are a reminder that spring is just around the corner. Fresh citrus adds a zesty finish the rich, earthy flavors of cracked wheat berries. Herbs, pistachios, jalapeño and a spritz of fresh grapefruit juice create a delicious, green herb salsa, bringing lightness and brightness to the classic chicken dinner.



Ingredients

- 1 Bunch Chives
- 1 Bunch Parsley
- 1 Jalapeño Pepper
- 1 Shallot
- 1 Tablespoon White Wine Vinegar
- ¼ Cup Pistachios
- ¾ Cup Cracked Wheat Berries
- 1 Clementine
- 1 Grapefruit
- 1 Tangelo
- 2 Bone-In, Skin-On Chicken Breasts

Makes 2 Servings
About 700 Calories Per Serving

Instructions



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Pick the parsley leaves off the stems; discard the stems. Finely chop the chives and parsley leaves. Mince the jalapeño (for a milder salsa, remove and discard the ribs and seeds of the jalapeño before mincing). Peel and mince the shallot to get 2 tablespoons of minced shallot. Place the minced shallot in a bowl with the **vinegar**. Finely chop the pistachios.



Roast the chicken:

Pat the **chicken** dry with paper towels and place on a sheet pan with high sides (or in a baking dish). Drizzle with olive oil and season both sides of the chicken with salt and pepper. Place in the oven and roast 25 to 27 minutes, or until cooked through and the juices run clear or until the inside reaches 165°F. Remove from the oven and set aside in a warm place.



Cook the wheat berries:

While the chicken roasts, add the **cracked wheat berries** to the boiling water. Cook 15 to 18 minutes, or until tender. Remove from heat, drain thoroughly and return to the pot. Set aside in a warm place.



Prepare the citrus fruits:

While the chicken roasts and the wheat berries cook, cut 1/4-inch off the top and bottom ends of the **clementine, grapefruit** and **tangelo**. Sit each fruit flat on a cutting board then, using a knife and following the contour of each fruit, cut away and discard the peel and pith. Slice the clementine into 1/4-inch rounds. Medium dice the tangelo. Remove the individual segments (or supreme) the grapefruit by cutting along either side of the thin membranes that separate each segment. Squeeze **the juice from the remaining grapefruit membranes** over the supremes.



Toast the pistachios & make the herb salsa:

Heat a small, dry pan on medium-high until hot. Add the **chopped pistachios** and toast for 1 to 2 minutes, or until lightly browned and fragrant. Remove from heat. To the **shallot-vinegar mixture**, add the **toasted pistachios, jalapeño, parsley, chives** and **grapefruit juice** (from the bowl of supremes). Drizzle with olive oil and mix thoroughly. Season with salt and pepper to taste.



Finish your dish:

Stir the **clementine, grapefruit, tangelo** and **half of the jalapeño-herb salsa** into the **cooked wheat berries**; season with salt and pepper to taste. To plate your dish, divide the **dressed wheat berries** and **roasted chicken** between 2 plates. Top with the **remaining jalapeño-herb salsa**. Enjoy!