

Chicken & Cranberry Feta Grain Bowls with Lemon Dijon Vinaigrette

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TIME

5-10 min

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ChefManiac

INGREDIENTS

- 2 cups cooked farro, quinoa, or brown rice (your grain of choice)
- 2 grilled chicken breasts, sliced or shredded
- 1 /4 cup dried cranberries
- 1 /4 cup crumbled feta cheese
- 1 /2 cup baby spinach or arugula
- 1 /4 cup chopped cucumber
- 1 /4 cup shredded carrots
- 2 tablespoons chopped red onion
- 2 tablespoons chopped walnuts or almonds (optional, for crunch)
- Salt & pepper, to taste
- 3 tablespoons olive oil
- 1 1/2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 /2 teaspoon honey or maple syrup (optional, for sweetness)
- Salt and black pepper, to taste

Swaps and Notes:

Grains: Farro, quinoa, or brown rice are excellent choices for their texture and nutritional value.

Cook according to package directions. You can even use a mix of grains.

Chicken: Leftover roasted chicken, rotisserie chicken, or even a quickly pan-seared chicken breast can be used. For another light and tangy chicken option, you might enjoy my A Light, Tangy

Chicken Salad I Actually Crave (and There's No Mayo in Sight).

Dried Fruit: Dried cherries or golden raisins could be swapped for cranberries.

Cheese: Goat cheese or even a sprinkle of crumbled blue cheese could offer a different flavor profile instead of feta.

Greens: Mixed greens, chopped kale, or romaine could be used in place of spinach or arugula.

Vegetables: Feel free to add or swap in other chopped veggies like bell peppers, cooked broccoli florets, or corn.

Nuts: Pecans, pistachios, or sunflower seeds would also be delicious.

Sweetener for Vinaigrette: The honey or maple syrup is optional but helps to balance the tartness of the lemon and the tang of the Dijon.

DIRECTIONS

1. Assembling these colorful grain bowls is incredibly simple, especially if your grains and chicken are pre-cooked.
2. Prepare the : Lemon Dijon Vinaigrette: In a small bowl or a jar with a tight-fitting lid, whisk together (or shake vigorously) all the vinaigrette ingredients: olive oil, fresh lemon juice, Dijon mustard, honey or maple syrup (if using), salt, and black pepper until completely emulsified and well combined. Set aside.
3. Build the : Base: In 2-3 individual bowls or meal prep containers, spread the cooked grains (farro, quinoa, or brown rice) as the base for each bowl.
4. Layer the : Toppings: Artfully arrange the remaining ingredients on top of the grain base in each bowl. This includes the sliced or shredded grilled chicken, dried cranberries, crumbled feta cheese, baby spinach or arugula, chopped cucumber, shredded carrots, and chopped red onion. If using, sprinkle the chopped walnuts or almonds over everything.
5. Season & : Serve: Season each bowl with an additional pinch of salt and pepper to taste. Drizzle generously with the Lemon Dijon Vinaigrette just before serving. If you are preparing these bowls for meal prep, pack the vinaigrette separately in a small container to keep the greens and other ingredients fresh and prevent sogginess.
6. Enjoy: Serve fresh or at room temperature. These bowls are designed to be enjoyed immediately for optimal freshness and texture.

SWAPS & NOTES

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For another light and tangy chicken option, you might enjoy my A Light, Tangy Chicken Salad I Actually Crave (and There's No Mayo in Sight) .

More recipes: [ChefManiac.com](https://chefmaniac.com)

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