

**Italian Chicken, Farro and Vegetable Skillet**

**Serves: 25**

**Ingredients**

* 12 ½ cups zucchini, chopped, about 2 small zucchini or 1 large
* 9 ⅜ cups red bell pepper, chopped, about 1 pepper
* 9 ⅜ cups shallots, sliced, about 3 large shallots
* olive oil spray
* 6 ¼ lb. fat free ground chicken breast
* 6 ¼ cup farro, dry, uncooked
* 12 ½ cups chicken broth
* 90 ⅝ oz. diced tomatoes, canned
* 1 4/7 cup basil, fresh
* 1 4/7 cup parsley, fresh
* 18 ¾ oz. light mozzarella

**Spice Mix**

* 6 ¼ tsp kosher salt
* 6 ¼ tsp Italian seasoning
* 6 ¼ tsp garlic powder
* 6 ¼ tsp paprika
* 3 ⅛ tsp onion powder
* 3 ⅛ tsp oregano

**Instructions**

* Combine all of the spices together to form the spice mixture.
* Rinse the farro in a colander or strainer. Add the farro to a small saucepan with the chicken broth.
* Bring this mixture to a boil, and then reduce to simmer. Simmer for 25 minutes or until the farro is tender and the liquid is absorbed.
* While the farro cooks, chop the zucchini and the pepper, and slice the shallots.
* Preheat a large skillet over medium high heat.
* Spray olive oil spray, and then add the zucchini, pepper, and onion.
* Season with 2 teaspoons of the spice blend.
* Cook the vegetables over medium high heat for 10 minutes, tossing frequently.
* Remove the vegetables from the pan and place them in a bowl to the side.
* In the same skillet, add more olive oil spray and the ground chicken.
* Add 3 teaspoons of the spice mixture to the chicken meat, and break the meat apart with a wooden spoon.
* Cook the chicken until it is no longer pink, then add the diced tomatoes with their juices.
* Simmer this mixture for about 5 minutes.
* Add the cooked farro and cooked reserved vegetables to the pot and stir to combine.
* Stir in the chopped herbs.
* Taste for seasoning, add the remaining seasoning mix if desired. Otherwise, save the reserved seasoning mix for another recipe.
* Top with the mozzarella, and cover with a lid to melt the cheese.