

Making it delicious

QUICK CHICKEN & QUINOA

Ingredients

- 3 Tbsp. Olive oil
- 1/2 cup Red onion, diced
- 1/2 cup Zucchini, diced
- 1/2 cup Green beans, diced
- 1/2 cup Red bell pepper, diced
- 1 Seasoning packet*
- 3 cups cooked quinoa
- 12 oz. Cooked chicken breast, chopped
- 1/4 cup Scallions, thinly sliced
- 1/4 cup Water
- 1/2 cup Slivered almonds
- 1 Lemon, cut into wedges

Optional: fresh parsley, chopped



Nutrition Facts

4 servings per container

Serving size (369g)

Amount per serving

Calories **500**

% Daily Value*

Total Fat 23g	29%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 140mg	6%
Total Carbohydrate 39g	14%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 4mg	20%
Potassium 923mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions

- In a sauté pan over medium heat, add olive oil to pan and swirl to coat.
- Once oil starts to shimmer, add red onion, zucchini, green beans and red pepper. Stir and sauté for 1 minute.
- Add contents of seasoning packet, mix thoroughly into the vegetables, and sauté for an additional 4-5 minutes.
- Mix the cooked quinoa and 1/4 cup water into the vegetables. Top with cooked chicken and scallions, cover with lid, and steam until the contents are heated through and water is evaporated.
- Top with sliced almonds & fresh lemon.

*Seasoning Packet: 1/4 tsp. Kosher salt, 1/2 tsp. paprika, 1/2 tsp. turmeric

SERVINGS: 4 | PREP TIME: 20 MIN