

BEYOND HUNGER

ONE PAN CHEESY CHICKEN BROCCOLI AND QUINOA

This is an easy and delicious one pot meal that can be put together in about 30 minutes. It is similar to the Cheesy Broccoli and Chicken Rice Casserole that many of us are familiar with but uses quinoa instead of rice.

Yield: 2 servings

Ingredients:

- ½ Tablespoon **Olive Oil** or any type of vegetable oil
- ½ cup **yellow onion**, chopped
- ½ lb. chicken thighs, diced into 1-inch cubes*
- 1 clove **garlic**, minced
- ½ can (7 oz) **chicken broth**, low sodium preferred
- ½ cup dry **quinoa**
- **Salt** and **pepper**, to taste
- 1 ¼ cups chopped fresh or frozen **broccoli florets**
- 2 oz shredded sharp **cheddar cheese**

*Chicken breasts may be substituted for chicken thighs. This substitution will decrease the saturated fat content of the recipe.

Instructions:

1. Heat oil in a deep skillet over medium-high heat. Once hot, add onion and sauté for 2 minutes. Then add chicken and cook for 2 ½ minutes. Stir occasionally.
2. Add garlic and sauté 1 minute longer.
3. Add in broth, quinoa, and season to taste with salt and pepper. Bring to a full boil then cover, reduce heat to a simmer, and cook for 12 minutes.
4. Lift lid, add broccoli over top, cover again, and simmer for an additional 8 minutes or until quinoa and broccoli have cooked through. There may be a little broth remaining in the bottom at this point and can be carefully poured off, if desired.
5. Sprinkle with cheese and heat for 1 – 2 minutes until cheese has melted.

Per Serving: Calories 475, Carbohydrates, 39 g, Protein 42 g, Saturated Fat 10 g, Sodium 283 mg, Fiber 4 g, Sugars 5 g

This recipe was adapted from www.cookingclassy.com