



## Quinoa Chicken Primavera

8 Servings • 1 Serving = 2 Cups

Adapted from Pinch of Yum

### INGREDIENTS

- 1 pound boneless, skinless chicken breasts
- 1 ½ cups quinoa, uncooked
- 4 cups low sodium chicken broth, 1 cup divided
- 1 cup of water
- 6 ounces pesto
- 2 ½ cups frozen peas
- Juice from 1 lemon
- 1 Tablespoon dried oregano
- 1 Tablespoon olive oil
- 4-6 cloves garlic
- 1 teaspoon salt
- ¼ cup parsley, chopped
- ½ cup parmesan cheese, shredded

### DIRECTIONS

1. Cut the chicken into strips or bite-sized pieces.
2. Place the quinoa, chicken, 3 cups of broth, and water in crockpot. Cover and cook on low for 3-4 hours.
3. Add the remaining cup of chicken broth if the quinoa appears sticky. The quinoa should resemble a creamy risotto or casserole.
4. Stir in the pesto, peas, lemon juice, and oregano.
5. While the peas are warming, add olive oil to a skillet over medium-high heat. Add garlic and asparagus and sauté for 5-10 minutes, on medium heat. Season with salt.
6. Top each serving with fresh parsley and a light sprinkling of parmesan cheese.

### Nutrition Facts

8 servings per container

Serving size **2 cups**

Amount per serving

**Calories 340**

% Daily Value\*

**Total Fat** 15g 21%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 50mg 17%

**Sodium** 730mg 32%

**Total Carbohydrate** 27g 10%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 22g

Vitamin D 0mcg 0%

Calcium 116mg 8%

Iron 3mg 15%

Potassium 337mg 8%

\*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.

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