

Core Cooking with Mandie Shockley

Pan Roasted Chicken - Quick Southwestern Quinoa



INGREDIENTS

Serves 4

4 organic chicken breasts
2 cloves garlic, minced
1 tsp red pepper flakes
1tsp olive oil
½ green bell pepper, chopped small
½ red bell pepper, chopped small
¼ white or yellow onion chopped small
2 cups organic low sodium chicken broth
1-cup organic quinoa
1 tsp each cumin & coriander
¼ tsp cayenne pepper
Pink Himalayan salt and black pepper to taste

INSTRUCTIONS

Marinate chicken in tsp olive oil, 1 clove minced garlic, and 1 tsp red pepper flakes. In a medium sauce pan combine red pepper, green pepper, onion, quinoa, chicken broth and spices. Stir well and bring to a boil. Reduce heat to medium, cover and continue cooking as directed for quinoa*

Just before quinoa is finished, sear chicken breasts on the stovetop over medium heat until browned on both sides and cooked through. Serve over or on the side of the quinoa.

This is a HIGH protein meal so it would be excellent to have right after a workout.

*Note about quinoa. You'll notice when cooking quinoa that it sort of cooks from the outside in, you'll notice the center will still have a white dot as the outside softens. As soon as the quinoa is uniform in texture (aka you don't see a white dot) its finished and you should turn off the heat. You can check the box for specific cooking times, usually 10-15 minutes is all you need.