



## ONE-POT CHICKEN, QUINOA, AND SPINACH

SERVING SIZE: 4 | COOKING TIME: 50 MINUTES

### INGREDIENTS.....

4 boneless skinless chicken breasts  
 ¾ teaspoon (tsp) crushed dried rosemary  
 (or parsley)  
 ½ teaspoon (tsp) salt  
 ½ teaspoon (tsp) ground pepper  
 2 teaspoons (tsp) olive oil, divided  
 ½ yellow onion, diced or cut into small pieces  
 3 garlic cloves, minced or cut into tiny pieces  
 1 cup quinoa  
 2 cups low-fat chicken broth  
 1½ cups chopped spinach

### WHAT ELSE YOU'LL NEED .....

- Cutting board and knife
- Medium-sized bowl
- Large nonstick skillet or frying pan
- Cooking utensils  
 (spatula, wooden spoon, or similar)

### DIRECTIONS.....

1. Place the chicken breasts in a medium bowl. Add the rosemary or parsley, salt and pepper. Toss to season the chicken.
2. Heat 1 teaspoon (tsp) of olive oil in large nonstick skillet over medium-high heat. Add the chicken. Cook the chicken for 2 minutes on each side. Transfer the chicken to a plate.
3. In the same pan, heat the remaining 1 teaspoon (tsp) of olive oil. Add the diced onion to the oil. Cook until the onions are tender – about 4-5 minutes.
4. Add the garlic and cook for 1 minute.
5. Stir in quinoa and broth into the pan of onions. Bring to a boil then cover. Reduce heat and simmer (low-medium heat) – about 10 minutes.
6. Place the chicken from the plate into the pan with onion, quinoa and broth. Mix the ingredients in the pan. The chicken should be covered by the quinoa.

