

Sweet One-Pan Meal - Serves ~6



Ingredients

- 1 cup Uncooked quinoa
- 4 Chicken breasts
- 2 tbsp. olive oil
- 1 large broccoli head (or two small)
- 1 Onion, chopped
- 1 large Carrot, sliced
- 1 Bell pepper, chopped
- 2 tbsp. Balsamic vinegar
- 3-4 tbsp. Honey

Directions

1. Preheat oven to 400 and cook chicken breast for 25-30 min.
2. Cook quinoa in rice cooker or on the stove.
 - a. Use double the amount of water, 2:1 water to quinoa
 - b. If on the stove: bring water and quinoa to a boil then lower heat, cover and simmer for 15-20 min – without stirring.
3. While those two are cooking, chop up the veggies and fry them in the oil, balsamic vinegar and honey until desired tenderness.
4. When the chicken is done cut it into bit-sized pieces and add it to the pan.
5. Add the cooked quinoa to the pan.
6. Stir until combined
7. Enjoy 😊