Quinoa, Veggie, & Chicken Bowl

Yield: 4 Servings

Ingredients
2 ½ cups low-sodium chicken broth
2 cups quinoa
15 oz. can green beans, drained
15 oz. can whole kernal corn, drained
10-15 cherry tomatoes, halved
1 lb. chicken breast
6 tbsp. olive oil
1 tbsp. lemon juice
¼ cup chopped parsley
1 tsp. minced garlic
¼ tsp. black pepper

Directions
1. Using a large sauce pan, bring the low-sodium chicken broth and quinoa to a boil. Cover and then simmer for 10 minutes. Stir occasionally.
2. While the quinoa is simmering, in a large bowl combine the green beans, corn, cherry tomatoes and cooked boneless chicken breast (leftover, canned, or rotisserie) or cooked turkey. Gently toss.
3. Once the quinoa is finished cooking, remove it from the pan and spread thinly on a clean baking sheet so it can cool quickly.
4. Mix together olive oil, lemon juice, chopped parsley, minced garlic, and pepper.
5. Add the cooled quinoa to the vegetables and chicken. Drizzle the dressing over the mixture and gently toss.
6. Serve ¼ of the mixture in a bowl alongside your favorite piece of fresh fruit or yogurt.

Tip
Freeze the leftovers in single servings for a lunch or quick dinner. This meal can be served cold or heated in the microwave. The dressing in step 4 works great as a meat marinade, or can be cooked with meat for a unique flavor. Use the dressing in Step 4 to top your favorite salads.