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Quinoa With Chicken, Asparagus and Red Peppers

Ingredients

1 cup quinoa

2 cups chicken broth

1 Tbsp. vegetable oil

3 skinless, boneless chicken breast halves, cut
into 1-inch pieces

8 spears fresh asparagus, trimmed and cut into
1-inch pieces

½ red bell pepper, chopped

Directions

Stir quinoa and chicken broth together in a saucepan and bring to a boil. Reduce heat to medium-low and simmer until the quinoa has absorbed the chicken broth, about 15 minutes.

Heat vegetable oil in a large skillet over medium heat and cook and stir the chicken breast pieces in the hot oil until no longer pink inside, about 5 minutes. Stir asparagus and red bell pepper into the skillet and cook and stir until barely tender, about 3 more minutes.

Lightly mix cooked quinoa into the chicken and vegetables until thoroughly combined, heat for 1 to 2 minutes, and serve.