



QUINOA w/ CHICKEN & MUSHROOMS

Time: 40 min.

Servings: 5 people

Ingredients:

- 2 tablespoon sesame or olive oil
- 1/2 cup mushrooms, chopped
- 5oz chicken breast, sliced and seasoned with salt and pepper
- 1/4 - 1/2 of an onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups quinoa, rinsed*
- 3 cups chicken broth

Directions:

- Heat the oil in a skillet over medium heat. Cook and stir the onion, and garlic in the hot oil until browned, then add the chicken. Once the chicken is almost fully cooked, stir in the mushroom. After both chicken and mushroom are cooked, set aside.
- Heat up another tablespoon of oil in a pot over medium-high heat. Add the quinoa to the melted butter and let it brown, about 3 minutes. Pour the chicken broth over the quinoa; bring to a boil. Cover and reduce heat to low; simmer 10 minutes. Stir in the sauteed chicken and mushroom mixture and cook another 2 minutes.

This recipe can easily be substituted with couscous, which requires even less cooking time.

Did you know? Quinoa is a gluten-free, grain-like crop popular in South American cuisine (The Incas called quinoa the "Mother Grain" and revered it as sacred). It contains magnesium, iron, and phosphorous, and it has a mild, nutty flavor. Quinoa can also be used in a variety of ways, including as a breakfast porridge, in vegetable soups, and ground up into flour for baking!

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