

LiveWell

Harvest chicken and vegetable skillet

Yield: 5 servings



Ingredients:

- 2/3 cup dry quinoa
- 1 1/3 cups water
- 1/4 teaspoon olive oil
- 1 pound boneless, skinless chicken breasts, cut into 1/2-inch cubes
- 1/2 teaspoon black pepper
- 3 cups Brussels sprouts, trimmed and quartered
- 1 medium sweet potato, peeled and cut into 1/2-inch cubes
- 1 medium onion, chopped
- 2 Granny Smith apples, peeled, cored, and cut into 3/4-inch cubes
- 4 garlic cloves, minced
- 2 teaspoons fresh thyme, chopped
- 2 teaspoons ground cinnamon
- 1 cup low-sodium chicken broth, divided

Directions:

1. Place quinoa and water in a medium saucepan and place over high heat until boiling. Reduce heat, cover, and simmer until quinoa is fully cooked, about 15-20 minutes.
2. Heat olive oil in a large skillet over medium high heat. Add the chicken and black pepper and sauté until lightly browned and cooked through, about 5 minutes. Transfer chicken to a plate lined with paper towels.
3. Add Brussels sprouts, sweet potato, and onion to skillet. Cook, stirring occasionally, until sprouts are crisp-tender and onions appear translucent, about 15 minutes.
4. Stir in apples, garlic, thyme, and cinnamon. Cook 30 seconds, then pour in 1/2 cup of broth. Bring to a boil and cook until liquid has evaporated, about 2 minutes.
5. Add the reserved chicken and remaining 1/2 cup broth. Cook until heated through, about 2 minutes.

Nutrition information per serving:

Calories: 380

Fat: 6 grams

Saturated fat: 1 gram

Cholesterol: 75 mg

Sodium: 140 mg

Carbohydrates: 47 grams

Fiber: 9 grams

Protein: 35 grams

Food exchanges:

3 carbohydrate, 5 protein,

1 vegetable