



Dinner Recipes

Quinoa White Chicken Chili

Ingredients:

- 1 tablespoon olive oil
- 1 diced onion
- 2 diced Jalapeno peppers
- 3 cloves of garlic, chopped
- 1 tsp cumin
- ½ tsp oregano
- 3 cups low-sodium chicken broth
- 1 15-oz can white beans
- 1 lb boneless-skinless organic chicken breast
- ½ cup quinoa
- 1 tbs lime juice
- 2 tbs cilantro, chopped
- 1 cup salsa verde



Directions:

1. Heat oil in a large saucepan over medium heat, then add onions and peppers. Cook until tender, about 5-7 minutes.
2. Add garlic and cumin and cook for about 1 minute
3. Add broth, salsa verde, chicken, beans, quinoa, oregano, and bring to a boil.
4. Reduce to a simmer and cook until chicken is cooked and quinoa is tender. About 10-15 minutes.
5. Remove chicken, shred or dice, and return to the soup and add in lime juice and cilantro.

*Crock pot option: place all ingredients in crock pot except lime juice and cilantro and cook on low for 6-8 hours.

Makes 4 servings

Nutrition Information:

1 serving: 280 calories, 28 grams protein, 21 grams carbs, 10 grams fat

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