



Dinner Recipe

Chicken Quinoa Risotto with Carrots & Asparagus

Ingredients:

- 1.5 lbs organic boneless skinless chicken breasts
- 2 cups quinoa
- 4 cups bone broth (chicken)
- 2 minced garlic cloves
- 5 carrots (sliced)
- 1 bunch asparagus
- 1 cup frozen peas
- Pinch of kosher salt and pepper



Directions:

1. Combine chicken, quinoa, 2 cups of bone broth, garlic and carrots. Season with salt and pepper.
2. Cook for 4 hours on high.
3. Shred chicken with a fork.
4. Add asparagus and peas then cook for another 30 minutes.
5. Pour over the remaining 2 cups of bone broth then stir until creamy.

Enjoy!

Makes 6 servings

Nutrition Information

1 serving: 351 calories, 35 grams protein, 40 grams carbs, 8 grams fat

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