

Quinoa Chicken Fiesta Bowls

This recipe is simple to make and offers a fun mixture of ingredients to make hearty protein bowls. This dish can be made vegetarian using anything you like as an alternative for the chicken and adjusting the recipe to suit your needs. Sliced Avocado is another great addition to this dish.

Ingredients:

2	Chicken Breast
1	Green or any color Pepper
1/2	Red Onion or Lg. White
1 Cup	Carrot
1 1/2 Cups	Corn (Can or Frozen)
1/2 Cup	Peas (Can or Frozen)
1 Clove	Garlic
1 1/2	Quinoa
2 Cups	Water
1 Cup	Kidney Beans
1 Cup	Cherry Tomatoes
1 Tbs.	Taco Seasoning
1 Tsp.	Garlic Powder
1 Tsp.	Salt
2 Tbs.	Butter or oil

Directions:

1. Boil Water in a separate pot large enough to fit water and quinoa.
2. Cook on medium high heat to boil and reduce to low heat.
3. Cover with lid. Stir periodically, begin next step and look to turn off heat when water has evaporated.
4. Wash and Cut Vegetables into Small dice cubed pieces.
5. Slice Cherry tomatoes into quarters and place in fridge.
6. Add onion to a large pot big enough to fit all ingredients with oil
7. Add Chicken and saute briefly.
8. Add Carrots, peppers and garlic. Continue cooking.
9. Add Taco Seasoning, Saalt and Garlic Powder. Adjust to taste.
10. Once Chicken is cooked add corn and peas.
11. Strain and add kidney beans.
12. Once mixture is well blended add warm quinoa to larger pot.
13. Lightly mix together And Remove from heat.
14. Place mixture in serving dish and sprinkle cherry tomatoes all over the top.
15. Serve & Enjoy.

Alternatives:

Black Beans or Tofu