

Chicken and Quinoa Skillet

- Prep Time: 5 minutes
- Cook Time: 25 minutes
- Total Time: 30 minutes
- Servings: 4



Ingredients:

- 1 tablespoon Simply Nature Organic Coconut Oil
- 1 pound Kirkwood Chicken Tenderloins, diced
- 1 teaspoon Stonemill Iodized Salt
- 1 teaspoon Stonemill Ground Black Pepper
- 2 teaspoons Stonemill Oregano
- 1 teaspoon Stonemill Paprika
- 1 tablespoon chopped fresh thyme
- 1 onion, diced
- 1 red pepper, diced
- 2 cloves garlic, minced
- ½ cup Winking Owl Chardonnay
- 4.9 ounces Fit & Active Rosemary & Olive Oil Quinoa/
Brown Rice Blend
- 1½ cups Simply Nature Organic Chicken Broth
- ½ cup Season's Choice Frozen Sweet Peas
- 12 ounces Tuscan Garden Artichoke Quarters in Water, drained
- 6 ounces Specially Selected Kalamata Olives, drained
- ½ cup chopped Simply Nature Organic Baby Spinach

Directions:

1. Heat coconut oil in a large skillet over medium-high heat.
2. Add chicken, spices, onion, red pepper and garlic. Sauté for 10 minutes. Deglaze pan with wine, cook until reduced by half.
3. Add quinoa and broth. Bring to boil, reduce heat and cover. Continue cooking for 10 minutes, stirring occasionally. Stir in peas, artichokes, olives and spinach. Continue cooking for 5 more minutes, or until liquid is mostly absorbed. Serve all components together for a healthy lunch.



Recipe Courtesy of:
ALDI Test Kitchen