

Garlic Chicken Quinoa with Parmesan Cheese

Source: Rachel Toon

Ingredients:

- ½ -1 lb cooked chicken, cubed or shredded
- 1 cup uncooked quinoa
- 1-2 tbsp butter or avocado oil (or preferred oil)
- 2 cups chicken broth
- 1 small Vidalia onion, diced small
- 1 ½ tsp minced garlic
- 2 cups fresh diced tomatoes
- ¼ tsp salt, or to taste
- ¼ cup Parmesan cheese (optional)

Directions:

1. In a medium sized pan, sauté the onion and garlic in butter or avocado oil over medium-high heat for 5-7 minutes, until onions are just soft. Reduce heat to medium low.
2. Add the chicken broth and quinoa. Cover, and allow to simmer until liquid is mostly absorbed and quinoa is cooked, about 15 minutes.
3. About 3-4 minutes before quinoa is done add chicken and tomatoes.
4. Remove from heat, and gently mix quinoa to distribute any excess moisture. Season with salt to taste, and top with Parmesan cheese (optional).