

# Chicken & Quinoa Supper Bowl

Serves 4 people

## For the Vegetables

¼	cup	sliced green onions, whites section only, reserve sliced green onion tops for later use (approximately 8 green onion white sections equals ¼ cup sliced)
2	cup	pre-cut red bell pepper, large dice, available pre-cut in most super markets (approximately 6oz)
2	cup	pre-cut broccoli florets, available pre-cut in most super markets (approximately 6 oz)
8	oz.	pre-cut winter squash, available pre-cut in most super markets (approximately 8oz)
2	tsp.	Crisco Canola Oil
½	tsp.	salt
¼	tsp.	pepper
¼	tsp.	powdered garlic
1	tbsp.	water

## For the Chicken

4	ea	boneless skinless chicken breast
1	tbsp.	Crisco Canola Oil
	to taste	salt and pepper
3	each	garlic cloves, crushed
4-5	each	thyme sprigs

## For the Quinoa

2	packages	TruRoots Quick Cook Olive Oil & Sea Salt Quinoa, Brown Rice, & Lentil Blend
4	cups	baby spinach, loosely packed (approximately 2 large handfuls)

## For the Sauce

1	tbsp.	white balsamic vinegar
2	tbsp.	whole grain brown mustard
1	tbsp.	Smucker's Natural Orange Marmalade

## Garnish

Fresh chopped thyme and sliced green onion tops

1. Preheat conventional oven to 475° F. Combine sliced green onions, diced vegetables, and broccoli in a bowl. Add Crisco Canola Oil, salt, and pepper to vegetables tossing to coat. Spray a rimmed cookie sheet with Crisco No Stick Spray. Place vegetables on cookie sheet, add 1 tablespoon of water, tightly cover cookie sheet with aluminum foil, and roast in preheated oven on the upper middle shelf for 15 minutes.
2. Heat a large oven safe skillet (10-12 inch) over medium high heat. Pat chicken breasts dry with a disposable towel, and then season chicken with salt and pepper. Add oil to preheated skillet,

allowing oil to heat for 20 to 30 seconds. Carefully place chicken breasts into skillet smooth side down. \*(Chef Tip: the smooth side of the chicken breast is the side that the skin was attached to. We also call it the presentation side, since that is the side that faces up and is presented to the diner). Cook chicken breasts for 4 to 5 minutes or until nicely browned. Turn chicken breasts over and allow to cook for an additional 2-3 minutes. Add whole crushed garlic and fresh thyme sprigs to skillet and place it, uncovered, on the oven rack below the roasting vegetables. Roast chicken breast for 4 to 5 minutes or until an internal temperature of 165° F.

3. You should be at about 15 minutes into cooking your vegetables when the chicken goes into the oven. Remove the foil from the vegetables and continue to cook until roasted and nicely browned about another 5 to 10 minutes.
4. Heat quinoa following the Skillet Directions on the back of the package. Stir baby spinach, salt and pepper to taste into hot quinoa. Set aside for service.
5. Remove cooked chicken and roasted vegetables from oven. Remove chicken from skillet, holding on a plate in a warm place, loosely covered with foil. Add white balsamic vinegar, whole grain mustard, and Smucker's Natural Orange Marmalade to chicken skillet. Stir all ingredients in pan until marmalade has melted and all ingredients have combined into a sauce. You can also add any cooked chicken juice that may have accumulated on the plate to the sauce.
6. For Service: place equal amounts of quinoa in four Supper Bowls. Add equal amounts of roasted vegetables to bowls, and one chicken breast per bowl (sliced if desired). Top chicken and vegetables with sauce and garnish with freshly chopped thyme and sliced green onion tops.