

LOW SODIUM LEMON & ROSEMARY CHICKEN & QUINOA



Bright lemon, fragrant rosemary, and tender chicken come together with wholesome quinoa and vegetables in this comforting one-pan meal. Low in sodium and fresh in flavour.



SERVES: 6



PREP TIME: 20



COOK TIME:
30 minutes



INGREDIENTS

- 1 lbs (450 g) boneless, skinless chicken thighs, cut into chunks
- 1 tsp (5 mL) of paprika
- 1 tsp (5 mL) of ground black pepper
- 2 cups (500 mL) of shredded carrots
- 2 cups (500 mL) of shredded zucchini
- 1 cup (250 mL) of portobello mushrooms, diced
- 1 cup (250 mL) of button mushrooms, diced
- 2 cups (500 mL) of prepared [Instant Chicken Soup Base, Gluten-Free, Sodium Reduced](#)
- 1 lemon's juice
- 1 lemon's zest
- 1 tbsp (15 mL) of fresh rosemary leaves, chopped
- 1.5 cups (375 mL) of quinoa

DIRECTIONS

- Heat large non-stick skillet at medium-high heat. Add chicken and sprinkle with paprika and pepper. Brown well on all sides. Remove chicken and set aside.
- Add carrot, zucchini, and all mushrooms. Cook and stir until tender – about 3 minutes. Return chicken to skillet.
- Stir in broth, lemon juice, zest and rosemary. Heat to a boil. Stir in quinoa. Reduce heat to low.
- Cover and simmer until quinoa has absorbed almost all liquid and chicken is cooked through – about 20 minutes, stirring occasionally.