



PHLC Tasty Slow cooker Quinoa and Shredded Chicken

Ingredients:

2-4 boneless, skinless chicken breasts
1 cup quinoa*
3 stalks chopped celery**
3 carrots peeled and chopped
1 chopped green bell pepper**
½ chopped onion**
2 cloves garlic minced
½ a lemon juiced
Dry or fresh dill to taste
Mrs. Dash onion and herb to taste
Pepper to taste
2 cups low sodium chicken broth
2 cups water
3 cup uncooked spinach***

Directions:

Combine all the above ingredients except spinach. Mix well and cook on high 4 hours or low 7-8 hours. The last 20 minutes (if on high) - 40 minutes (if on low) add spinach and recover.

Remove chicken breasts and shred. Mix shredded chicken, quinoa and vegetables for a tasty meal.

Can be frozen in smaller portions and reheated.

*Barley or Brown rice may be substituted.

**Can use 2-3 cups of frozen seasoning blend.

***Can use 1 package frozen spinach (thawed and drained) or canned spinach (drained). Reduce cooking time by 10-15 minutes.