

HeartLinks

Moroccan Chicken with brown rice and quinoa

Here is a tasty quick and easy dish. The ingredients can also be placed in a wrap for a healthy lunch. Taste great and affordable. **Let's get started!**

For the brown rice and quinoa

- Cook to manufactures instruction

For the chicken

- 1 pound skinless, boneless chicken breast meat – (remove fat)
- 2 teaspoons organic no salt seasoning
- 2 carrots, sliced
- 2 stalks celery, sliced
- 14.5 oz canned, fire roasted chopped tomatoes
- 2 tsp. **paprika**
- 1 tsp. **cumin**
- 1 tsp. ground **ginger**

- 1 tsp. **turmeric**
- 1/2 tsp. **cinnamon**
- 1/2 tsp. **pepper**
- 2 Tbsp. **extra virgin olive oil or canola oil**, divided use
- 1 small **onion** (chopped)
- 2 clove fresh, minced, or, sliced **garlic**
- 1/2 cup **water**

In a small bowl mix paprika, cumin, ginger, turmeric, cinnamon and pepper.

1. Place the chicken a plate to coat with spice mixture. Allow chicken to stand in spices for 1 hour or refrigerate overnight.
2. In a medium skillet, heat oil over medium-high heat. Add chicken and brown for 5 minutes.
3. Reduce heat to medium-low, add water, top with onions, carrots, celery, tomato and garlic.
4. Cover and cook for 10 minutes then flip chicken and cook for 30 minutes more until chicken is cooked through.

For the Lemon Sautéed Spinach

1. 1 Tbsp. olive oil
2. 6 cups **spinach** (washed, dried)
3. 1/2 fresh **lemon**

In a saucepan, heat oil over medium-high heat.

1. Add spinach, handfuls at a time, leaving enough room to stir. Keep adding until all the spinach is in the saucepan. Squeeze the lemon juice over the spinach and serve.

Moroccan Chicken with Brown Rice and Lemon Sautéed Spinach

 Calories

369 Per
Serving

 Protein

30g Per
Serving

 Fiber

5g Per
Serving

 Cost Per
Serving

\$4.21