



**PREP TIME:**  
15 minutes

**COOK TIME:**  
50 minutes

**SERVINGS:**  
6-8

# TEX MEX QUINOA WITH CHICKEN

Chef Andy Ruszczky



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## Ingredients

### Quinoa

- 1 cup tri-color quinoa (dry)
- 2 Tbsp. olive oil
- 1 (10 oz) can diced tomatoes with green chilies, mild
- 1 small onion
- 1 green bell pepper
- 1 yellow bell pepper
- 3 cloves garlic
- 1 cup chicken stock
- ¾ cup water
- 2 limes

### Chicken

- 1 lb. chicken breast
- 1 Tbsp. olive oil
- 1 tsp paprika
- ½ tsp cumin
- ¼ tsp turmeric
- ¼ tsp black pepper

### Sweet Potatoes

- 2 medium sweet potatoes
- 1 tsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder

### Lime Greek Yogurt Dressing

- 1 (5 oz) container plain non-fat Greek yogurt
- 1 tsp lime juice (from ½ lime)
- ¼ tsp cumin
- Pinch salt



## Directions

1. Set up your kitchen for cooking. Wash and chop all vegetables. Preheat oven to 375°F.
2. Spread cubed sweet potatoes on a sheet pan. Drizzle with 1 tsp olive oil and sprinkle with ¼ tsp salt, ¼ tsp black pepper, and ¼ tsp garlic powder.
3. Bake for 25–30 minutes, or until potatoes are soft and lightly browned. Remove from oven and set aside.
4. Rinse quinoa in a strainer with fine mesh under cold water. Heat a large pan over medium-high heat. Add 2 Tbsp. olive oil and heat for about 1 minute.
5. Add chopped onion and peppers. Cook until soft, about 5–7 minutes.
6. Add minced garlic and cook 1–2 minutes.
7. Add 1 can of diced tomatoes with green chilies and cook until slightly bubbling and stir in the quinoa.
8. Add 1 cup chicken stock and ¾ cup water and bring to a boil.
9. Cover, reduce heat to low, and simmer for 15 minutes or until quinoa is soft.
10. Remove from heat and fluff quinoa with a fork. Cut limes into wedges for serving.
11. Cut chicken into small cubes. Heat a medium sauté pan over medium-high heat and add 1 Tbsp. olive oil.
12. Season chicken with 1 tsp paprika, ½ tsp cumin, ¼ tsp turmeric, and ¼ tsp black pepper.
13. Cook chicken 7–10 minutes, stirring occasionally, until fully cooked.
14. In a small bowl, combine Greek yogurt, 1 tsp lime juice, ¼ tsp cumin, a pinch of salt, and 1 Tbsp water. Mix well until smooth.
15. Assemble bowls with quinoa, chicken, and sweet potatoes. Serve with lime wedges and drizzle with dressing.

# GROCERY LIST

## Fruits & Vegetables

- 1 onion
- 1 green bell pepper
- 1 yellow bell pepper
- 1 bulb garlic
- 2 limes
- 2 sweet potatoes
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## Dairy & Eggs

- 1- 5 oz container non-fat plain Greek yogurt
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## Meats & Seafood

- 1 lb. chicken breast
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## Pantry Items

- 1 bag tri color quinoa
- 1 can diced tomatoes with green chiles
- 1 container chicken stock
- olive oil
- paprika, cumin, turmeric
- salt, pepper, garlic powder