



Lemon Chicken

- 4 boneless and skinless chicken breasts
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 tablespoons olive oil, divided
- ¼ cup chicken broth
- ¼ cup lemon juice
- 4 lemon
- ¼ cup chopped fresh flat-leaf parsley

1. Sprinkle chicken with salt and pepper.
2. Add 1 Tbsp. olive oil to a large nonstick skillet over medium-high heat. Cook chicken in skillet 2 to 3 minutes on each side.
3. Add broth and lemon juice to skillet, and cook 1 to 2 minutes or until sauce is slightly thickened. Add 8 lemon slices.
4. Remove skillet from heat; add parsley and pour sauce over chicken.

Serve immediately.

Toasted Quinoa Tabbouleh

- 1½ cups quinoa
- 1¾ tsp. fine sea salt
- ⅓ cup olive oil
- ¾ cup lemon juice
- 2 cloves garlic
- 1 cup red pepper
- 1 cup mushrooms
- ½ tsp. freshly ground black pepper
- 2 cups cherry tomatoes
- 1½ cups parsley
- 2 seedless cucumbers
- 4 green onions
- ½ cup fresh mint leaves

1. Rinse quinoa in fine mesh strainer under cool running water. Drain.
2. Heat large skillet over medium heat. Add quinoa, and toast 10 minutes, or until moisture evaporates and quinoa is fragrant and starting to brown

3. Bring 2 ½ cups chicken stock to boil in saucepan. Add ¼ tsp. salt, then add quinoa. Return to a boil, reduce heat to medium-low, cover pan, and simmer 10 minutes, or until liquid is absorbed.
4. Meanwhile, sauté olive oil, lemon juice, garlic, pepper, onion, mushroom, pepper, tomatoes and cucumber.
5. Once veggies are lightly sautéed, stir quinoa, green onions, and mint together.
6. Finish with lemon juice.

Nutritional Analysis

Per serving (1 cup):

Calories: 350

Fat: 9 g (Saturated 1 g)

Cholesterol: 25 mg

Sodium: 470 mg

Carbohydrate: 25 g

Protein: 14 g

Fiber: 5 g

Sugars: 5 g