



CHICKEN WITH QUINOA

Prepared as described this recipe will “pack a protein punch”, but for additional protein add white beans and cook the quinoa in chicken broth. To add additional flavor or variety, top with low-fat sour cream and salsa for a Mexican-inspired dish. Other grains such as bulgur, rice, or couscous can also be used. **Yield: 6 servings**

INGREDIENTS:

- 1 Tbsp. olive oil, divided
- 1 lb. ground chicken breast
- 1 tsp. rosemary
- Pinch salt (optional)
- ¼ tsp. pepper (optional)
- 1 cup quinoa
- 1 ½ cups frozen kale
- ¼ cup chicken broth

DIRECTIONS:

1. Heat 2 tsp. olive oil in skillet; add the ground chicken, rosemary, salt, and pepper.
2. Cook until cooked through and browned.
3. Add frozen kale and chicken broth and allow to thaw and wilt; approximately 2-3 minutes.
4. While the chicken is cooking, separately cook quinoa according to package directions in medium size saucepan with remaining tsp. of olive oil. Fluff with fork when cooked.
5. Add quinoa to skillet with chicken and kale and combine well. Serve warm.

NUTRITIONAL DATA:

217 calories, 4.8 grams fat, 0.6 grams saturated fat, 47 mg cholesterol, 19.9 grams carbohydrate, 2.8 grams dietary fiber, 23.9 grams protein

The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.

