



AULTCARE WELLNESS RECIPE



## PESTO CHICKEN QUINOA BOWLS

### Ingredients:

1 tablespoon dried Italian seasoning

3 cloves garlic, minced

1 ¼ teaspoons salt

¾ teaspoon ground pepper

½ teaspoon crushed red pepper

1 ½ pounds boneless, skinless chicken thighs

2 medium zucchini, sliced into 1/2-inch-thick half-moons

2 cups cherry tomatoes

2 tablespoons extra-virgin olive oil

1 ¾ cups water

1 cup white quinoa

½ cup prepared basil pesto

Thinly sliced fresh basil for garnish

Total time : 1 hour

Prep time: 15 minutes

Servings: 6

## Instructions:

### Step 1:

Preheat oven to 400°F. Line a large rimmed baking sheet with foil. Combine Italian seasoning, garlic, salt, pepper and crushed red pepper in a small bowl.

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### Step 2:

Toss chicken, zucchini, tomatoes, oil and the Italian seasoning mixture together in a large bowl until evenly coated. Arrange chicken and vegetables in a single layer on the prepared baking sheet.

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### Step 3:

Roast until the zucchini is tender, the tomatoes start to burst and an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, about 20 minutes. Remove from oven; let cool for about 10 minutes. Transfer the chicken to a plate and shred, using 2 forks.

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### Step 4:

Meanwhile, combine water and quinoa in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to low; cover and simmer until the liquid is absorbed, 12 to 15 minutes. Remove from heat; let stand for 5 minutes. Fluff with a fork.

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### Step 5:

Transfer the cooked quinoa and the roasted vegetables (with any juices from the baking sheet) to a large bowl. Add pesto; gently fold together until well combined. Divide the mixture among 6 bowls. Top evenly with the shredded chicken; garnish with basil, if desired.