

FRESH FUNDS *for* MOMS

IN PARTNERSHIP WITH INSTACART HEALTH

LEMONY CHICKEN

MAKES 4 SERVINGS

INGREDIENTS

- 1 cup dry quinoa
- 2 medium heads of broccoli, stems removed and cut into bite sized pieces
- 1/2 teaspoon garlic powder
- 1 lb chicken tenderloins
- 2 tablespoons olive oil, divided
- 2 teaspoons lemon pepper seasoning
- 1/4 cup fresh flat leaf parsley, finely chopped
- 2 lemons, one sliced and one cut into wedges for serving

DIRECTIONS

1. Preheat oven to 350 degrees
2. Cook quinoa according to package instructions
3. Line a large sheet pan with aluminum foil
4. Spread the broccoli evenly over 1/2 of the pan and top with 1 tablespoon olive oil and garlic powder
5. Stir well to coat evenly
6. In a large bowl, toss chicken tenders with 1 tablespoon olive oil, lemon pepper seasoning, and parsley
7. Spread evenly over the remaining half of the sheet pan
8. Place sliced lemon on top of broccoli and chicken
9. Bake for 20-25 minutes or until chicken reaches 165 degrees
10. Serve chicken and broccoli atop cooked quinoa with lemon wedges and parsley for garnish

NUTRITION BREAKDOWN

CALORIES

370

CARBS

34 GRAMS

PROTEIN

34 GRAMS

FAT

11 GRAMS

FIBER

6 GRAMS

You can subtract the dietary fiber from the carb count!
 $34\text{g} - 6\text{g} = 28\text{g}$ of carbohydrates.

Find shopping lists at: <https://foodashealthalliance.ca.uky.edu/freshfunds>