

HEARTI GRAS Recipe

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INGREDIENTS

- Chicken breasts
- Quinoa
- Chopped vegetables (broccoli, peppers, zucchini, etc.)
- Olive oil
- Seasonings

- Optional: lemon or a simple vinaigrette

GRILLED CHICKEN & QUINOA BOWLS



Lake Charles
Memorial Hospital
The Foundation

DIRECTIONS

1. Cook Quinoa
 - I. Rinse 1 cup quinoa
 - II. Add to pot with 2 cups water
 - III. Simmer 15 minutes, fluff, cool
2. Cook Chicken:
 - I. Season with olive oil, salt, pepper, garlic powder
 - II. Grill pan or oven: 375°F for 20–25 minutes
3. Cook Veggies:
 - I. Roast at 400°F for 15–20 min with olive oil + seasoning
4. Assemble Bowls:
 - I. Scoop quinoa into 3–4 containers
 - II. Add sliced chicken
 - III. Add roasted veggies
 - IV. Optional: lemon wedge or dressing