Hallie Woolverton

Junior

Protein

Anderson

Quinoa Goes Cajun

1 1/2 to 2 pounds diced pre-cooked chicken breast
1 large green bell pepper, diced
2 celery stalks, diced
1/2 medium onion
4 garlic cloves, minced
1 tablespoon butter or coconut oil
3 3/4 cups chicken broth or water
2 to 2 1/2 teaspoons MSG-free Creole seasoning
(such as tony Chachere's Original Creole Seasoning)
1 1/2 teaspoons ground sage
1 1/2 cups quinoa, rinsed
1 (15-ounce) can red beans, drained and rinsed

1. Put the diced pre-cooked chicken breast, bell pepper, celery, diced onion, and garlic in a large skillet with a tight fitting lid and add the butter and 3/4 cup broth. Cook over medium heat until the vegetables are tender.
2. Add the seasonings and stir well. If your skillet has a tight lid that does not allow steam to escape, add the quinoa and remaining 3 cups of broth to the skillet. Bring to a quick boil then immediately turn the heat to low, cover the skillet, and simmer for 15 minutes. If your skillet does not properly seal with a lid,put the quinoa and broth in saucepan with a tight fitting lid, bring to a boil, then simmer for 12 to 15 minutes.
3. Once quinoa is cooked and fluffy, and the beans, toss everything together in the skillet, and serve in lettuce shells or in a bowl as one big tasty mess!