



Dinner Recipes

Spicy Quinoa Crusted Chicken

Ingredients:

- 4 boneless-skinless chicken breast
- 1 cup reduced-sodium chicken broth
- ½ cup dry quinoa
- 2 tsp chili powder
- 1 tsp cumin
- ¼ tsp salt and pepper
- ¼ tsp cayenne pepper
- 1/8 tsp paprika
- 2 egg whites
- 1 tsp lime juice
- 4 tablespoon nutritional yeast (purchase at whole foods)



Directions:

1. Place chicken broth and quinoa in medium sized sauce pan and bring to boil. Cover and let simmer for 15 minutes.
2. Once liquid is absorbed, remove from heat and let sit for 5 minutes.
3. Stir in chili pepper, cumin, pepper, salt, cayenne pepper, and paprika.
4. Preheat oven to 300 degrees.
5. Spread quinoa in a thin layer over parchment paper lined baking sheet and bake for 25 minutes.
6. Transfer to bowl and place in the refrigerator
7. Bump oven up to 400 degrees.
8. While quinoa is cooling, beat in a separate bowl the egg whites and lime juice. Dip chicken in the egg wash and then in quinoa. Pat quinoa onto chicken until its completely coated.
9. Place chicken on aluminum foil lined baking sheet and sprinkle nutritional yeast on top and bake for 25 minutes.

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Makes: 8 servings: ½ chicken breast = 4 protein, 2 carb