

## Quinoa Bowl

- 2 cups White quinoa, rinsed well
- 4 cups Water
- 1 tsp Salt
- 1 1/2 tbsp Olive oil, plus a splash
- 3-4 Medium White potatoes, diced
- 1 large Yellow onion, diced
- 1 cup Asparagus, cut into small pieces
- 1 lb pkg Chicken breast tenderloins

Bring quinoa, water and salt to a boil in a large pot and simmer about 20 minutes until the quinoa opens and is soft. Drain any remaining liquid.

Add 1/2 tsp olive oil in a skillet, then adding the potatoes and 1/2 tsp salt. Coat potatoes and toss. Cover and let cook until potatoes begin to soften, remove lid and add asparagus and onions. Toss again, add a splash of olive oil and cook until the potatoes are lightly browned. Add additional salt if necessary, to taste.

In another skillet, add 1 tbsp olive oil, chicken and 1/2 tsp salt. Brown lightly on each side and remove from skillet once thoroughly cooked. Either leave as large pieces or dice before adding to bowl.

In a large bowl, add quinoa, asparagus and potato mixture and chicken. Toss and stir, adding another splash of olive oil if desired. Salt to taste.

Serves 4-6