

Blackened Chicken and Cilantro Quinoa

Ingredients

Preparation time: 25 minutes

Servings: 4

Cost: \$

Blackened Chicken & Quinoa

- 2 boneless, skinless chicken breasts (~1 pound)
- 1 Tbsp. McCormick Grill Mates Cinnamon Chipotle Rub
- 1 tsp. vegetable oil
- 2 cups low-sodium chicken stock
- 1 cup quinoa
- 1 lime, juice and zest of dash of salt and pepper
- 2 Tbsp. cilantro, chopped

Avocado Cream Sauce

- 1 avocado
- 2 Tbsp. plain, Chobani non-fat Greek yogurt

Directions

1. Prepare quinoa by package directions, except substitute chicken stock for water.
2. In a bowl, season both sides of each chicken breast with the McCormick seasoning.
3. Add a teaspoon of oil to a large pan or skillet and heat for a minute. Add the chicken breasts to the pan. Cook for seven minutes on each side with the lid on.
4. After the chicken breasts have cooked all the way through, remove them from the pan and let them rest for seven minutes before slicing.
5. Add the warm quinoa to a large bowl. Stir in the lime zest, lime juice, salt, pepper, and chopped cilantro.
6. Blend the avocado and Greek yogurt until smooth.
7. Serve the sliced chicken breast on top of the quinoa. Drizzle with avocado cream.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Blackened Chicken & Cilantro Lime Quinoa (+ Avocado Cream Sauce)

Amount	1 serving (~1/4 of total)
Calories	300 (360)
Fat (g) Sat. Fat (g)	7 (12) 1 (1.5)
Carb. (g) Fiber (g)	28 (31) 3 (6)
Protein (g)	31 (32)
Allergen info: Gluten free	

USOC Sport Nutrition Team

Shawn Hueglin, PhD, RD, CSSD
shawn.hueglin@usoc.org
 Liz Broad, PhD, AdvSpDiet
elizabeth.broad@usoc.org
 Alicia Kendig, MS, RD, CSSD
alicia.kendig@usoc.org
 Susie Parker-Simmons, MS, M.ed
susie.parkersimmons@usoc.org
 Rob Skinner, MS, RD, CSSD
rob.skinner@usoc.org

Liz Fusco, MS, RD and Kate Machado, MS, RD, CSSD – Authors



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Cooking Tip

This recipe would be great for batch cooking if you double the ingredients for everything except the cream sauce. After dinner, portion the rest of the food in Tupperware containers for on-the-go lunches and dinners. If uneaten after 3 days, store in the freezer for when you might need an easy 2-minute microwave meal!

Performance Facts

Aside from being a great source of protein and more specifically branched chain amino acids (for muscle repair and synthesis), chicken is a good source of all the B vitamins along with selenium, zinc, copper, phosphorus and magnesium. Quinoa is great source of fiber and is one of the highest protein grains. Avocado is high in monounsaturated fatty acids that reduce inflammation.