

Quinoa Chicken Risotto

IOWA

Student Wellness

Ingredients

- 1½ pounds boneless skinless chicken breasts
- 2 cups quinoa, rinsed
- 4 cups low-sodium chicken broth
- 2 cloves garlic, minced
- 3 large carrots, sliced into rounds
- 1 bunch asparagus, trimmed and quartered
- 2 cups peas, frozen or canned (drained)
- Salt and pepper to taste



Directions

1. In a slow cooker, combine chicken, quinoa, 2 cups chicken broth, garlic, and carrots. Season with salt and pepper.
2. Cook on HIGH 4 hours, until chicken is easy to shred.
3. Shred chicken and return to slow cooker, add asparagus and peas and cook until tender, about 30 minutes more.
4. Pour remaining chicken broth into slow cooker and stir until creamy. Cook additional 5 minutes until warm.