



## Chicken, Pomegranate & Quinoa Bowl

2 servings

30 minutes

### Ingredients

1/3 cup Quinoa (dry, rinsed)  
12 ozs Chicken Thighs (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
2 tbsps Chicken Broth, Low Sodium  
3 cups Mixed Greens  
1/2 cup Pomegranate Seeds  
2 tbsps Pumpkin Seeds  
1/4 cup Parsley (chopped)  
2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (medium, juiced)

### Directions

- 1 Cook the quinoa according to the package directions. Set aside.
- 2 Season the chicken with salt and pepper. Heat a cast-iron pan over medium heat. Once heated, add the chicken and cook for seven to eight minutes, or until it is browned and can easily be lifted from the pan without sticking. Flip and cook for another five to six minutes, or until cooked through.
- 3 Lower the heat and add the broth to the pan, using a wooden spoon or spatula to deglaze. Let the broth thicken slightly, then move the chicken around the pan to coat it in the broth. Remove the chicken from the pan and let it rest for five minutes before slicing.
- 4 Divide the cooked quinoa, mixed greens, chicken, pomegranate seeds, pumpkin seeds, and parsley evenly into bowls. Drizzle each serving with oil and lemon juice. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Add the dressing when ready to serve.

**Serving Size:** One serving is approximately half a cup of quinoa, two cups of salad, and two chicken thighs.

**Additional Toppings:** Feta cheese or goat cheese.