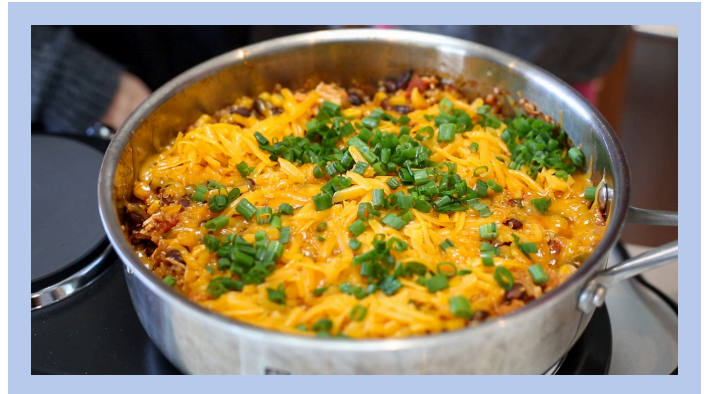


One-Pot Southwestern Chicken and Quinoa Skillet

INGREDIENTS

- 2 cups chicken cooked and shredded
- 1 can black beans, rinsed
- 1 can corn, rinsed
- 1 tsp garlic, minced
- 1 cup rinsed quinoa
- 1 cup salsa
- 2 cups low-sodium chicken broth
- 1 tbsp favourite Mexican/Southwestern spices
- 2 cups shredded cheese
- 1/3 cup diced green onion



INSTRUCTIONS:

1. Heat a large skillet over medium heat. Add oil and heat for about 10 seconds before adding the chicken, black beans, corn, quinoa, salsa, spices, and chicken broth.
2. Stir well, cover and bring to a full boil. Once it has reached a boil, remove lid, stir and reduce heat to a simmer right away (medium-low) for approximately 30 minutes, or until the quinoa is tender and most of the liquid.
3. Remove lid, give it a gentle stir and sprinkled shredded cheese and green onion on top. Allow cheese to melt before serving. Add guacamole, extra salsa and/or sour cream and serve with a salad or raw veggies and dip!

Recipe by Sarah Remmer (online source:<https://www.sarahremmer.com/one-pot-southwestern-chicken-and-quinoa-skillet/>)