

Tuscan Sun-dried Tomato & Garlic Quinoa & Rice Bowl
RECIPE

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<?xml version="1.0"?>

TIME

10 min

INGREDIENTS

8 items

MAKES

4 servings

Enjoy the savory flavors of sun-dried tomatoes and garlic paired with chicken sausage, parmesan cheese, and basil. This crowd pleasing one-pan meal is super fast and packed with the goodness of whole grains, quinoa, and kale.

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INGREDIENTS

- 1 Tbs. olive oil (15 mL)
- 1 link fully cooked chicken sausage, cut into chunks
- 1 Tbsp. water (30 mL)
- 2 pouches Ben's Original Organic Quinoa & Brown Rice with Garlic
- 8 cups baby kale (225 g)
- 1/2 cup sun-dried tomatoes, chopped (50 g)
- 2 Tbsp. parmesan cheese (30 g)
- 1 Tbsp. fresh basil, torn (5 g)

INSTRUCTION

- 1
Heat oil in a large skillet over medium heat. Add sausage and cook to brown, about 3 minutes.
- 2
Massage pouches of rice to loosen grains and add to skillet with baby kale, sun-dried tomatoes, and 2 Tbsp. of water. Stir and cook for 3 minutes more, until kale is wilted, and rice is heated.
- 3
Divide between bowls and serve topped with parmesan cheese and fresh basil if desired. Enjoy!

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 340
- Carbohydrates (g) 53 g
- Dietary Fiber (g) 4 g
- Protein (g) 15 g
- Total Fat (g) 9 g
- Sodium (mg) 530 mg

CATEGORIES :

[Chicken](#), [less than 20](#), [Ready to Heat Rice](#)

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Cooking time

20 min

Ingredients

11 items

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Cooking time

20 min

Ingredients

8 items

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Cooking time

20 min

Ingredients

6 items

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