Tuscan Sun-dried Tomato & Garlic Quinoa & Rice Bowl

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

MORE RECIPES LIKE THIS



Chicken Stir Fry

Cooking time

20 min

Ingredients

11 items



Coconut Skillet Chicken with Cilantro & Lime Flavour Rice

Cooking time

20 min

Ingredients

8 items



Butter Chicken with Basmati Coconut Rice

Cooking time

20 min

Ingredients

6 items

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