

12 DAYS OF CHRISTMAS RECIPES

Chicken with Apples, Carrots and Grains for 2 ppl (Davita)

**Serving Size: 3oz Chicken, 1/2c grains, 1/2c Apples,
1/2c Carrots**

1/3 Small onion, diced
2/3 Carrot, Diced
2/3 cored and diced apple
1/3 tsp cinnamon
1 tsp ground coriander
1/3 tsp ground cumin
1/8 tsp black pepper
8oz Chicken breast, boneless and skinless
5 ounces Low sodium chicken broth
1c Quinoa and brown Rice
1/8c Dried Cranberries

Instructions:

1. Peel and rinse and dice the onion and carrot
2. Core and dice apples
3. In a small bowl mix cinnamon, coriander, cumin, and pepper
4. Pat chicken dry with paper towels
5. Cut chicken in cubes and rub pieces with spice mixture
6. In large skillet over medium high heat add 1 TBSP olive oil

7. Add the onions, carrots, and apples
8. Cook stirring occasionally until the vegetables start to brown about 15 minutes
9. Transfer to a medium bowl
10. Add the remaining tablespoon of oil to the pan
11. Brown the chicken for 2 to 4 minutes per side
12. Add broth and quinoa and brown rice
13. Bring to a simmer
14. Cook for 15 to 25 minutes, or until grain mixture is cooked
15. Add the dried cranberries and vegetable/fruit mixture
16. Cook until liquid is almost gone 5 to 10 minutes.