



Spin Your Own Axis

Quinoa Cranberry Bowl + Veggie side



- **Prep Time:** 15 minutes
- **Cook Time:** 25 minutes
- **Total Time:** 45 minutes
- **Serving:** 5

Ingredients

- 7 oz. Chicken breast (Total of 35 oz. for 5 servings)
- .5 tablespoons olive oil
- 2 teaspoons Garlic powder
- 2 teaspoons Paprika
- 2 teaspoons Oregano & Lime
- Minced garlic
- White onion
- 1 Lime
- 50 g Brussel sprouts
- 100g Asparagus
- 10g Dried cranberry
- 50g baby potato
- 42 g Quinoa (Total of 210g for 5 servings)

Homemade dressing:

Turmeric
Olive oil
Hempseed
Lemon

Instructions

1. Marinate chicken breast with minced garlic, garlic powder, paprika, oregano, thyme and lime.
2. Prepare and weigh the Quinoa, then rinse.
3. Preheat pan, add 2 tbsp. of olive oil with a 2 teaspoon of garlic powder, minced garlic, white onion, thyme and oregano, then add Quinoa and mix well to absorb the seasoning before adding water.
4. Add water. A trick to adding water is always double in grams or ounces (depending on which weigh conversion you used initially) For example, 210g of Quinoa will need 420g of water. Let it cook in high until boiling, and then reduce to low for remainder of cooking time.
5. Preheat small grill for chicken breast, add 2 tbsp. of olive oil, add chicken breast once pan is hot enough; then lower heat to medium for the remainder of time until fully cooked.
6. While chicken breast is cooking, preheat oven to bake asparagus, brussel sprouts and potato with olive oil and a tint of garlic powder for 20 minutes.
7. Once chicken is fully cooked, chop into chipotle style.

8. Once ready to serve, add quinoa, baby potatoes, and cranberry in a bowl and mix altogether. Then set on plate a bed of meal, then add chopped chicken, and side veggies.
9. Prepare homemade dressing by 28g of olive oil, turmeric, 1 lemon, and hempseed with a tint of salt. Then, glaze veggies with homemade dressing.
10. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

Nutrition Facts

- **Serving Size:** 1/5
- **Calories:** 538
- **Carbohydrates:** 50g
- **Sodium:** 227mg
- **Fat:** 15g
- **Sugar:** 6
- **Protein:** 54g
- **Iron:** 3%
- **Fiber:** 7g