

One-Pan Pesto Chicken and Veggies

Ingredients:

- 2 tbsp oil
- 1 lb chicken drumsticks* or pork chops
- 1/8 tsp salt
- 1/4 cup sun-dried tomatoes, drained of oil and chopped
- 1 lb vegetables of choice (such as asparagus, green beans or carrots)
- 1/4 cup basil pesto sauce
- 1 cup tomatoes, chopped



Prep time: 10 mins
Cook time: 40 mins
Total time: 1 hr
Makes 4 servings

Steps:

1. Heat a large skillet on medium heat, add olive oil.
2. Season chicken drumsticks or pork with salt and add to pan, along with half of the sun-dried tomatoes. Cook 15-20 minutes, turning the chicken or pork until cooked thoroughly. Remove chicken or pork and tomatoes from pan and set aside.
3. Add vegetable of choice and remaining half of sun-dried tomatoes to the skillet and cook on medium heat for 5-10 minutes. Keep in skillet.
4. Add chicken or pork back to skillet, along with pesto. Stir to coat meat and vegetables on low-medium heat for 1-2 minutes.
5. Remove from heat and add chopped tomatoes.
6. Add to plate and serve with side of rice or quinoa.

*You can substitute chicken drumsticks for chicken breasts or thighs.

Adapted from: <https://juliasalbum.com/one-pan-pesto-chicken-and-veggies/>

Want to add some quinoa to your meal?
Check out the next page for how to make rice
as your One-Pan Pesto Chicken and Veggies
cooks!



Quinoa

Ingredients:

- 2 cups water or broth
- 1/2 tsp salt
- 1 cup quinoa



Steps:

1. Rinse the quinoa using a fine mesh colander for 30 seconds. Drain well.
2. Add water or broth and rinsed quinoa to a saucepan.
3. Bring mixture to a boil over medium-high heat, then decrease to a simmer.
4. Cook quinoa until all liquid is absorbed, about 10-20 minutes.
5. Remove saucepan from heat. Cover with lid and let quinoa steam for 5 minutes.
6. Remove lid and fluff quinoa with a fork.
7. Season with salt, to taste.
8. Serve with pesto chicken or pork and veggies.

Adapted from <https://cookieandkate.com/perfect-quinoa/>



Prep time: 5 mins
Cook time: 25 mins
Total time: 30 mins
Makes 4 servings

