



GREEK QUINOA BOWLS



- 2 cup quinoa
- 3 cups water
- 1 cup chopped green bell pepper
- 1 cup chopped cucumber
- 1 cup sliced grape tomatoes
- 1/2 cup chopped Greek olives
- 1/3 cup crumbled feta cheese
- 1 sliced avocado

Dressing:

- 1/4 cup olive oil
- 2-3 TBSP lemon juice
- salt and pepper to taste
- 1-2 TBSP fresh parsley

Rinse and drain your quinoa. Place quinoa in a medium saucepan, add your water, set burner to high, and bring to a boil. Once boiling, reduce heat to low and simmer, covered, for 12-13 minutes or until quinoa is fluffy and the liquid has been absorbed. While the quinoa cooks, chop and prep the remaining ingredients and whisk together your dressing ingredients. Let the quinoa cool on the countertop or in the fridge for a few minutes before adding your veggies. Add salt & pepper to taste.

Serve with hummus and pita chips.

ROSEMARY GARLIC PASTA



- 2 2/3 cups penne pasta or pasta of your choice
- 2 Tbsp. olive oil
- 1 lb. boneless skinless chicken breasts, cubed
- 2 cups tightly packed baby spinach leaves
- 1/2 cup thin zucchini slices
- 1 cup sliced grape tomatoes
- 1/3 cup Kraft Rosemary & Garlic Parmesan Cheese

Cook pasta as directed on package. Meanwhile, heat oil in large skillet on medium heat. Add chicken; cook and stir 5 to 7 min. or until no longer pink. Add zucchini and spinach; cook and stir 4 min. or until chicken is done. Add tomatoes. Drain pasta. Add to chicken mixture in skillet along with the cheese; mix lightly.

Serve with fresh Italian bread.



CHICKEN CHILI



- 1 lb. lean ground chicken
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 1 can (28 oz.) diced tomatoes, undrained
- 1 can (15.5 oz.) black beans, rinsed
- 1 green pepper, chopped
- 1/3 cup barbecue Sauce
- 1 Tbsp. chili powder
- 1/4 cup chopped fresh cilantro
- 3/4 cup Mexican Style Shredded Cheese
- 2 green onions, chopped

Cook and stir first 3 ingredients in large nonstick skillet on high heat 8 to 10 min. or until chicken is done. Add tomatoes, beans, green peppers, barbecue sauce, chili powder; mix well. Bring to boil; simmer on medium-low heat 25 min., stirring occasionally. Cool completely. Top with cilantro, cheese and green onions.

Serve with corn muffins.