

CHICKEN WITH MUSHROOM & QUINOA

I think this might be my third or fourth recipe using chicken and mushrooms as the star, but it's one of the few combos that seem to please everyone in our house. This dish is super flavorful and the addition of quinoa makes you think that you're doing something good for yourself. I like it because I cook the quinoa in the same pot so that it absorbs the most flavor and leaves me with one less pot to clean!

INGREDIENTS(Serves 6)

2 Tablespoons French Onion Seasoning, or your favorite spice blend (I love the spices from [Gustus Vitae](#))

4 tablespoons olive oil

2 tablespoons red wine vinegar

1 teaspoon Dijon mustard

2 teaspoons honey

1 teaspoon mirin

$\frac{1}{4}$ teaspoon cayenne pepper

Kosher salt and black pepper

6 boneless, skinless chicken thighs, cut into 2-inch pieces

1 large vidalia onion, thinly sliced

$\frac{3}{4}$ pound mushrooms, brushed clean and thinly sliced

1 cup quinoa

1 cup white wine

$\frac{1}{4}$ cup soy sauce

$\frac{3}{4}$ cup mushroom broth (or vegetable or chicken stock)

$\frac{1}{2}$ cup parsley, chopped (for garnish)

$\frac{1}{2}$ cup Parmesan cheese, finely grated (for garnish)

PREPARATION

Season the chicken with the spice blend, then place in a Ziploc bag.

In a medium sized bowl, combine two tablespoons of the olive oil, the vinegar, mustard, honey, mirin, and cayenne pepper. Add salt and pepper to taste. Mix with a whisk and pour into the Ziploc bag. Seal bag after letting the air out. Massage the marinade around the chicken and place in the refrigerator overnight.

Then next day, remove the chicken from the refrigerator while you prepare the vegetables.

Heat a large dutch oven over medium high heat. Add two tablespoons of olive oil. When oil is hot, add the sliced onions and cook for 5 minutes. Add the mushrooms and cook for an additional 4 minutes, stirring occasionally.

Move the veggies to the side and place the chicken pieces and any remaining marinade on the empty side of the pot. Cook for three minutes, then turn the chicken over and cook for another three minutes. Combine the chicken and veggies together.

Add the quinoa, wine, soy sauce, and broth. Mix together.

Bring to a boil, then put down to a simmer for twenty minutes, stirring occasionally. .

Remove from the heat and let rest for five minutes to allow quinoa to absorb any remaining liquid.

Serve in bowls and garnish with the parsley and cheese.