

Grilled Chicken with Roasted Vegetables and Quinoa

Ingredients:

- 2 boneless, skinless chicken breasts
- 1 cup quinoa
- 1 zucchini (sliced)
- 1 red bell pepper (sliced)
- 1 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste

Instructions:

- 1 **Prepare the quinoa:** Rinse 1 cup of quinoa under cold water. In a pot, combine the quinoa with 2 cups of water, bring to a boil, then reduce heat and simmer for about 15 minutes or until the water is absorbed and the quinoa is tender.
- 2 **Grill the chicken:** Season the chicken breasts with salt, pepper, and oregano. Grill on medium heat for 6-7 minutes on each side until fully cooked (internal temperature should reach 165°F).
- 3 **Roast the vegetables:** Preheat the oven to 400°F. Toss the zucchini and bell pepper with olive oil, salt, and pepper. Roast in the oven for 20-25 minutes, until tender and slightly charred.
- 4 **Assemble:** Serve the grilled chicken alongside the roasted vegetables and quinoa.