



Elliott Evans Nutrition, LLC
Prevent and Protect
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YOGURT-MARINATED CHICKEN WITH MUSHROOMS & SWEET POTATOES

(REALSIMPLE.COM) Serves 4

- 1/2 cup nonfat Greek yogurt
- 4 cloves garlic, crushed
- 1 tablespoon fresh lemon juice
- Kosher salt and black pepper
- 4 4-ounce chicken cutlets
- 1/4 cup walnuts
- 2/3 cup quinoa, rinsed well
- 1/4 cup chopped fresh flat-leaf parsley
- 1 tablespoon plus 3 teaspoons olive oil
- 1 large sweet potato (about 12 ounces), peeled and thinly sliced
- 1/2 pound shiitake mushrooms, stems discarded
- 1/2 pound cremini mushrooms, halved if large
- 2 sprigs fresh thyme
- 2 teaspoons sherry vinegar or red wine vinegar

- In a medium bowl, mix together the yogurt, garlic, lemon juice, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Add the chicken and turn to coat. Refrigerate for at least 30 minutes and up to 2 hours.
- Heat oven to 450. Spread the walnuts on a rimmed baking sheet and toast, tossing occasionally until fragrant, 4-5 minutes. Let cool and coarsely chop.
- Meanwhile, cook the quinoa according to the package directions. Fold in the walnuts, parsley, 2 teaspoons of the oil, 1/2 teaspoon salt, and 1/8 teaspoon black pepper.
- Divide the potato, mushrooms, and thyme between 2 rimmed baking sheets; toss with 1 tablespoon of the remaining oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Roast, rotating the sheets once, until tender, 13-15 minutes. Drizzle with the vinegar and toss gently.
- Heat the remaining 1 teaspoon of oil in a large cast-iron or other nonstick skillet over medium heat. Wipe the excess marinade off the chicken and cook until golden brown and cooked through, 3-4 minutes per side. Serve with the quinoa and vegetables.