Tuscan Sun-dried Tomato & Garlic Quinoa & Rice Bowl

TIME	10 Minutes
INGREDIENTS	8 items
MAKES	4 servings

Enjoy the savory flavors of sun-dried tomatoes and garlic paired with chicken sausage, parmesan cheese, and basil. This crowd pleasing one-pan meal is super fast and packed with the goodness of whole grains, quinoa, and kale.

INGREDIENTS

- 1 Tbsp olive oil
- 1 link fully cooked chicken sausage
- 2 Tbsp water
- 2 pouches Ben's Original Quinoa & Brown Rice with Garlic
- 8 oz baby kale
- 1/2 cup sun-dried tomatoes, chopped
- 2 Tbsp parmesan cheese (optional)
- 1 Tbsp fresh basil, torn (optional)

INSTRUCTIONS

1. Heat oil in a large skillet over medium heat. Add sausage and cook to brown, about 3 minutes.
2. Massage pouches of rice to loosen grains and add to skillet with baby kale, sun-dried tomatoes, and 2 Tbsp. of water. Stir and cook for 3 minutes more, until kale is wilted, and rice is heated.
3. Divide between bowls and serve topped with parmesan cheese and fresh basil if desired. Enjoy!

NUTRITION

- CALORIES: 260
- TOTAL FAT: 5g - 6%

- TRANS FAT: 0g
- SODIUM: 600mg - 26%
- TOTAL CARBOHYDRATES: 44g - 16%
- DIETARY FIBER: 3g - 11%
- TOTAL SUGARS: 4g
- PROTEIN: 13g

Categories:

Family-Friendly, Global Inspired, Healthy Options, Quick/Easy Meals (UNDER 30M), Chicken/Turkey

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