

CHICKEN ALFREDO WITH QUINOA & VEGETABLES



Gordon
FOOD SERVICE STORE

Ingredients *Yield: 4-6 servings*

Reorder No.	Description	Amount
432061	GFS® Pure Olive Oil	2 Tbsp.
864091	Chicken Breasts	2
565148	Trade East® No Salt Garden Seasoning	2 Tbsp.
508600	Gordon Choice White Quinoa, cooked	1 cup
Market item	Cooked Couscous, cooked	1 cup
673662	Parsley, chopped	¼ cup
610871	GFS Broccoli Cuts, chopped	1 head
693078	Onion, sliced	1
Market item	Yellow Squashed, sliced	1
Market item	Zucchini, sliced	1
147192	Green Pepper	1
424307	Kosher Salt	to taste
225061	Trade East Restaurant Ground Black Pepper	to taste
290443	Alfredo Sauce	15 oz.

Preparation Instructions

Wash hands.

Heat 1 tablespoon of olive oil in a pan and cook chicken until golden brown. Sprinkle with ¼ teaspoon garden seasoning. Remove chicken from pan.

Heat 1 tbsp. of olive oil. Add quinoa and couscous. Toss over medium heat until warmed. Add 1/2 teaspoon parsley and toss to combine. Remove from pan.

Heat 1 tablespoon of olive oil. Add vegetable mix and toss until warmed. Season with salt and pepper.

Place the quinoa and couscous on a plate. Place the vegetables on the other half of the plate. Ladle 1 oz. Alfredo sauce across the grains and vegetables. Top with the cooked chicken breast.