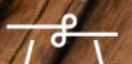




GRILLED  
BALSAMIC  
CHICKEN





Chicken



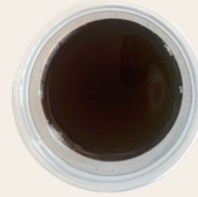
Veggies



Quinoa Rice



Balsamic



Vinaigrette



## STEP 1

Preheat oven to 425°F (400°F for convection oven). Unwrap brown parchment paper and lay flat on a baking sheet. Remove chicken from plastic and place on parchment paper. Place in hot oven for 10-15 minutes or until chicken reaches an internal temperature of 165°F. Let Balsamic Reduction sit at room temperature while the chicken is cooking.

## STEP 2

Transfer Quinoa & Brown Rice Blend to a microwave-safe dish and add approx. 1 tablespoon of water. Microwave on high for 1-2 minutes, stirring occasionally until warm.

## STEP 3

Toss cold Cucumber & Tomato Salad in Red Wine Vinaigrette and transfer to your preferred serving dish.

## STEP 4

Plate quinoa & rice blend next to the cold vegetable salad. Place cooked chicken on top of rice and vegetables, and drizzle balsamic reduction over top the chicken. Serve immediately.