









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 chicken in hot oven for 15 minutes or until chicken reaches an internal temperature of 165°F. Leave the Sumac Tahini Dressing on the counter during this time to allow it to come up to room temperature.

STEP 2

While the chicken is heating, heat a sauté pan over medium heat and add two tablespoons of your preferred cooking oil. Add asparagus and peas to warm pan and sauté for 3-5 minutes, until the vegetables are tender.

STEP 3

While the vegetables finishing heating, transfer quinoa to a microwave-safe dish and microwave for 2-3 minutes or until heated through.

STEP 4

Transfer heated chicken, quinoa and vegetables to your preferred serving dish. Top chicken with room temperature dressing serve immediately.