

# Parmesan Chicken And Mushroom Quinoa

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**Yield:** 4 Servings

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PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

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*Shredded chicken and sliced mushrooms mixed with a creamy Parmesan quinoa*

## INGREDIENTS

- 1/2 cup Uncooked Quinoa
- 1/2 cup Water
- 1 lb Shredded Chicken Breast
- 24 oz Baby Bella Mushrooms
- 1 Yellow Onion
- 1/2 cup Reduced Fat Grated Parmesan Cheese
- 1/4 cup Skim Milk
- 1 Tbsp minced Garlic
- 1/2 tsp dried Thyme
- 1/2 tsp Salt
- 1/4 tsp Pepper

## INSTRUCTIONS

1. Add the water and quinoa to a pot and cook according to package instructions
2. While the quinoa is cooking, in a large greased skillet over medium heat, cook the onion and mushrooms until soft
3. Stir in the chicken, garlic, thyme, salt, and pepper and stir
4. Add in the cooked quinoa, milk, and cheese and cook until the milk is absorbed and the Parmesan has melted

5. Serve Hot and Enjoy!

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<https://www.cookgoodlookgood.com/post/parmesan-chicken-and-mushroom-quinoa>