



Mediterranean Quinoa Salad, Roast Chicken, & Zucchini Meal Prep

By Buy Fresh Buy Local Central Illinois



Farmers Market Shopping List

- 3lb whole chicken
- 1 small butternut squash
- 3 red bell peppers chopped
- 1 cup fresh herbs (parsley, basil, cilantro, arugula, or a combo of each)
- 1 small onion
- 1 medium zucchini
- 4 cloves garlic (part of one head)
- 1 Tbsp honey

Pantry & Spice List

- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp paprika
- 2 tsp salt
- chilli flakes to taste
- Salt and pepper to taste
- 3 Tbsp olive oil, plus more for roasting
- juice of 1/2 - 1 lemon
- 1.5 cups quinoa
- 3 cups stock
- 1 cup dried apricots, chopped
- 1 cup crushed pistachios
- Optional: Feta cheese, sliced olives

Instructions

1. Place frozen chicken in crockpot. Sprinkles with coriander, cumin, cinnamon, paprika, salt, and chili flakes. Roast on low for 5-8 hours (or overnight). Chicken should be tender enough to fall from the bone. Remove from the crockpot and shred chicken, discarding bones and skin (the bones can be saved and used to make stock at a later date!)
2. Place the quinoa and stock in large pot and bring to bowl. Cover, reduce heat, and let simmer for 25-30 minutes or until all liquid is evaporated. Fluff with a fork and let cool.
3. Preheat oven to 425 degrees. Peel butternut squash, scoop out seeds with a spoon, and dice into small cubes. Drizzle large baking sheet with olive oil (about 1 Tbsp), add butternut squash, sprinkle with salt and pepper, and roast for 20-30 minutes or until squash is soft and easy to pierce with a fork. Remove and set aside.
4. Rinse bell peppers, and chop into pieces, discarding seeds and ribs. Place on large baking sheet with a drizzle of olive oil and roast 20-30 minutes or until the pieces begin to caramelize and turn dark around the edges. Remove and set aside.
5. Rinse zucchini an slice into wedges. Mince onion and garlic. Add a drizzle of olive oil to a large sautee pan over medium heat. Add zucchini, cook for 3-5 minutes, and then add garlic and onion. Cook for an additional 3-5 minutes. Do not burn. Remove from heat and set aside.
6. Chop herbs and crush pistachios.
7. Stir together juice from 1 lemon, 3 Tbsp olive oil, 1 Tbsp honey, and salt and pepper to taste to create a dressing. In a large bowl, lightly toss together the dressing, quinoa, roasted squash, roasted peppers, and chopped fresh herbs.
8. Divide quinoa mixture, sauteed zucchini, and shredded chicken evenly among 5 containers. Top with crushed pistachios. Optional, add