

# Pan-Seared Chicken Quarters

*with Dried Cherry & Pistachio Quinoa*

The green pistachios we recognize today have been a part of diets for at least 8,000 years. The pistachio tree was even cultivated in the Hanging Gardens of Babylon. The earliest evidence of the Atlantic pistachio, a close relative, dates back almost 780,000 years! Since the dawn of time, humankind has enjoyed these delicious nuts. We're joining in the longstanding tradition and serving them up with tart, dried cherries, white quinoa and succulent chicken quarters.



## Ingredients

- 3 Tablespoons Dried Cherries
- 3 Tablespoons Pistachios
- 2 Chicken Quarters
- 2 Cloves Garlic
- 1 Bunch Parsley
- 1 Shallot
- ½ Cup White Quinoa
- 5 Ounces Spinach
- 2 Ounces Feta, Crumbled

Makes 2 Servings  
About 655 Calories Per Serving





# Instructions



## *Prepare the ingredients:*

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Remove the chicken quarters from the refrigerator to bring to room temperature. Roughly chop the cherries, pistachios and parsley. Peel and finely chop the garlic and shallot.



## *Cook the quinoa:*

Once the water is boiling, add the **quinoa** and cook 11 to 13 minutes, or until tender. Drain thoroughly and set aside.



## *Toast the pistachios:*

While the quinoa cooks, add the **chopped pistachios** to a large, dry pan and heat on medium for 3 to 5 minutes, or until the nuts are toasted and fragrant, stirring frequently. Transfer to a small bowl and wipe out the pan.



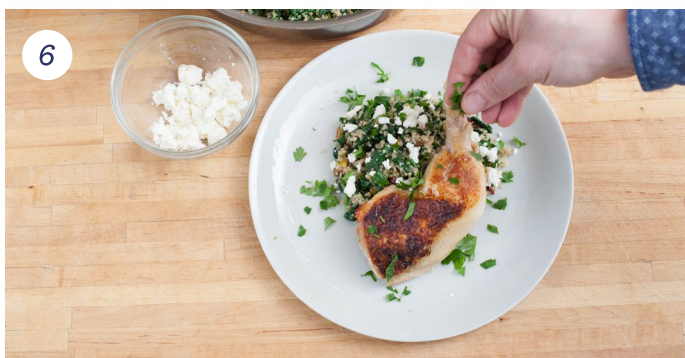
## *Cook the chicken:*

While the quinoa continues to cook, season the **chicken** with salt and pepper. In the same pan used to toast the nuts, heat 2 teaspoons of olive oil on medium until hot. Add the chicken to the pan, skin side down, and cook 8 to 10 minutes per side, or until the skin is browned and the chicken is cooked through—the juices should run clear. (Cooking time may vary depending on the thickness of your chicken.) Loosely cover the pan with aluminum foil to help the chicken cook faster. Transfer the chicken to a plate, leaving any drippings in the pan. Loosely cover the plate with aluminum foil to keep warm.



## *Make the quinoa salad:*

To the pan with the chicken drippings, add 1 teaspoon of olive oil and heat on medium until hot. Add the **chopped shallot** and **garlic** and cook 30 seconds, or until fragrant, stirring frequently. Add the **spinach** and season with salt and pepper. Cook 1 to 2 minutes, or until wilted. Stir in the **chopped cherries**, **toasted pistachios**, **cooked quinoa** and **half of the parsley**. Cook 1 to 2 minutes, or until thoroughly combined and heated through. Remove from heat.



## *Plate your dish:*

Divide the **quinoa salad** between 2 plates and top each with 1 chicken quarter. Garnish with the **feta cheese** and **remaining parsley**. Enjoy!