



NutritionRx
Jennifer Broxterman

Chicken Stew with Butternut Squash and Quinoa

Low in calories and fat, a bowl of this hearty stew satisfies any comfort food craving. This stew can easily be made in advance and reheated to make those busy nights simple and help you get a healthy meal checked off your to-do list. The flavours and textures combine fantastically to make a balanced and delicious meal.

Prep: 35 minutes • Total: 60 minutes

Ingredients:

Butternut squash	3 cups	750 mL
Chicken broth, low-sodium	3.5 cups	875 mL
Chicken breast, boneless, skinless	3 cups	1.5 lbs
Olive oil	1 Tbsp	15 mL
Yellow onion, diced	1 each	1 each
Celery, diced	1 cup	250 mL
Carrots, diced	1 cup	250 mL
Garlic, minced	4 cloves	4 cloves
Diced tomatoes	3 each	3 each
Uncooked quinoa	2/3 cup	160 mL
Parsley	¼ cup	60 mL
Oregano, dried	2 tsp	10 mL

Directions:

1. Steam butternut squash until barely tender, about 10 minutes. Remove half of the squash pieces and set aside.
2. Steam remaining squash until very tender then mash well.
3. In a large saucepan, bring chicken broth to a simmer. Add chicken breasts and cook until cooked through, about 15 minutes.
4. Transfer chicken to a plate and pour broth into a medium sized bowl.
5. Return to the saucepan, heat olive oil and add onion, celery and carrots. Cook for about 10 minutes and then add minced garlic followed by tomatoes and butternut squash pieces and mashed butternut squash. Stir to combine.
6. Stir in reserved chicken broth and quinoa. Bring to a simmer, cover and cook for about 15 minutes.
7. Chop or shred chicken and stir into the stew and simmer uncovered, about 5 minutes.

Nutrition Facts

Serving Size (489g)			
Servings Per Container			
Amount Per Serving			
Calories 300	Calories from Fat 60		
% Daily Value*			
Total Fat 7g			11%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 65mg			22%
Sodium 160mg			7%
Total Carbohydrate 31g			10%
Dietary Fiber 6g			24%
Sugars 7g			
Protein 30g			
Vitamin A 270% • Vitamin C 60%			
Calcium 10% • Iron 15%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Adapted from: *Cookin' Canuk*

Makes 6 servings • 1 serving = 1 cup of stew

Prepared By: Jennifer Broxterman, Registered Dietitian & Shannon Smith, BScH Foods & Nutrition student
NutritionRx • Email: info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca