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***The POWER of FOOD Productions:***  
***Culinary Skills for Optimum Nutrition***  
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***Spicy Chicken and Roasted Butternut Squash over Rice, Pasta or Quinoa***

***Ingredients:***

One cup quinoa, soaked rinsed to remove any residue or  
One cup basmati rice, white or brown, thoroughly rinsed  
One medium butternut squash, peeled and cubed  
Two medium size sweet potatoes, peeled and cubed  
One package of ground turkey or chicken breast or thigh, cubed  
One-two medium onions, diced  
4-6 cloves of garlic, minced or sliced  
1/2 inch x 1/2 inch piece of raw ginger, minced  
1/4 of a small jar of Spanish olives (optional)  
1 teaspoon of capers  
Fresh or canned pineapple, chopped small-medium size  
Several slices of mango (optional)  
Olive oil  
Salt and pepper to taste  
A dash of cayenne pepper

***Method:***

Place cubed squash onto lightly oiled oven pan. Add salt and pepper.  
Roast squash in 400 degree oven till soft and slightly caramelized.

Sauté onions and sweet potatoes together until soft and slightly caramelized. Add ginger, capers, and garlic. Add chicken, olives, either whole or sliced and a little water from jar. Salt and pepper to taste. Cook until chicken registers 165 degrees. Don't overcook white meat! Add cayenne pepper at end.

If using ground turkey: on stovetop, cook ground turkey in dry pan. Add salt and pepper. With flat-head spatula or wooden spoon, be sure to diligently break up all ground meat to ensure all meat is cooked sufficiently.

Mix and match sweet potato, butternut squash, pineapple and mango with turkey or chicken and either quinoa or rice.

Enjoy!