

# *Holistic Dog Nutrition*

## *Recipe 2: Chicken and Quinoa Delight*

### **Ingredients Overview**

This Chicken and Quinoa Delight is a grain-free option that's perfect for dogs with sensitive stomachs or grain allergies. Chicken is a highly digestible protein source, and quinoa, a superfood, provides a rich source of fiber and essential amino acids.

### **Ingredients:**

- 1 lb boneless, skinless chicken breast (cooked and shredded)
- 1/2 cup quinoa (cooked)
- 1/2 cup peas (frozen or fresh)
- 1/4 cup sweet potatoes (diced)
- 1 tbsp coconut oil

### **Possible Substitutions for Different Dietary Needs:**

- Substitute chicken with turkey or lean pork for variety.
- Replace quinoa with millet or amaranth for a different grain-free option.

### **Step-by-Step Cooking Instructions**

1. **Prepare the Chicken:** Cook the chicken breast in boiling water until fully cooked. Allow it to cool, then shred the chicken into small pieces.
2. **Cook the Quinoa:** Rinse the quinoa thoroughly under cold water. Cook it in a saucepan with water according to the package instructions.
3. **Combine Ingredients:** In a large mixing bowl, combine the shredded chicken, cooked quinoa, peas, and sweet potatoes. Drizzle with coconut oil and mix well to ensure even distribution of ingredients.

4. **Cool and Serve:** Let the mixture cool to room temperature before serving. This recipe can be stored in the refrigerator for up to 3 days or frozen for later use.

### **Nutritional Benefits**

This meal is excellent for dogs needing a grain-free diet. Chicken provides high-quality protein, essential for muscle growth and repair. Quinoa is a complete protein source, containing all essential amino acids, and is high in fiber, which aids digestion. Coconut oil adds healthy fats that are beneficial for skin and coat health.