



Citrus Herb Quinoa Salad

SERVINGS: 6-8

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

Dressing:

- 2 tsp lemon zest
- ½ cup fresh lemon juice
- ⅓ cup extra-virgin olive oil
- 1 Tbsp honey or maple syrup
- 1 tsp Dijon mustard
- ¾ tsp salt
- ⅛ tsp black pepper

Salad:

- 2 cups cooked quinoa (or your favorite grain)
- 2 cups chopped cooked chicken
- 15 oz chickpeas, drained and rinsed
- 1 cup cucumber
- 1 cup red onion
- ½ cup chopped cilantro
- ½ cup chopped mint
- 1 cup chopped roasted pistachios

Options:

- Add Chia or Hemp Seeds for more protein and fiber!
- Use salmon instead of chicken
- Use your own favorite healthy dressing

Directions

1. Prepare the salad dressing by combining the ingredients and whisk or shake vigorously.
2. Prepare quinoa according to package directions, using chicken or bone broth as the liquid. Allow quinoa to cool to room temperature.
3. In a large bowl, combine the cooked quinoa, cooked chicken, chickpeas, cucumber, red onion, fresh parsley, fresh mint, pistachios, and feta. Toss to mix the ingredients.
4. Shake the dressing and pour it over salad ingredients and toss until evenly coated.

*Salad can be stored in a covered container in the refrigerator for up to 2 days.

Nutrition Highlights: 1 ⅓ cup

Calories: ~475

Protein ~27g Fiber ~ 8g