



# Toasted Quinoa Chicken Bowl

4 Servings • 1 Serving = 1 ½ Cup

Recipe developed by Connie Guttersen, RD, PhD

## INGREDIENTS

- 2 cups cucumbers, peeled, seeded, and diced
- 1 cup radishes, cut in quarters and thinly sliced
- Salt and freshly ground black pepper, to taste
- ¼ cup lemon juice
- ¼ cup extra virgin olive oil
- 2 cups cooked quinoa
- 2 cups cooked chicken, shredded
- 2 scallions, chopped
- 2 Tablespoons dill, chopped
- 1 Tablespoon mint, chopped
- 2 Tablespoons toasted almonds, chopped

## DIRECTIONS

1. In a large bowl, combine cucumbers and radishes. Lightly season with salt and pepper. Let sit for 5 minutes.
2. In a small bowl or mason jar, combine lemon juice and olive oil. Season with salt and pepper, then whisk well.
3. Add quinoa, chicken, scallions, dill, and mint to the large bowl. Gently mix.
4. Add the ¼ cup of vinaigrette to the large bowl and gently mix. Fold in nuts and adjust seasoning with salt and pepper.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1.5 cups</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>430</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 22g	<b>28%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 29g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 3mg	15%
Potassium 646mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[chefs.org](http://chefs.org)

@CHEFSanAntonio

