

Mediterranean Quinoa Salad with Chicken



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Ingredients:

- 1 $\frac{7}{8}$ cups quinoa, rinsed and drained
- 1 $\frac{2}{3}$ cups water
- 3 oz. Lite Balsamic Vinaigrette
- 6 $\frac{3}{4}$ oz. Lite Balsamic Vinaigrette, to be used for marinade
- 1 $\frac{1}{4}$ lb. chicken breast, sliced thin
- $\frac{1}{2}$ cup red onion, diced
- 4 oz. goat cheese, crumbled
- 1 cup grape tomatoes, quartered
- 4 oz. Kalamata olives, drained, pitted and quartered
- 4 oz. fresh cucumbers, peeled and diced $\frac{1}{2}$ "
- 8 cups bib lettuce, chopped or torn
- 8 cups cups water
- 8 cups bib lettuce, chopped or torn

Directions:

1. Marinate raw chicken with 6 $\frac{3}{4}$ oz. balsamic vinaigrette in the refrigerator for 12 hours.
2. To cook quinoa:
 - a. Bring water to a boil in a large pot. Add quinoa. Simmer uncovered for 10-12 minutes.
 - b. Drain pot. Let quinoa sit in colander for 5 minutes. Fluff with a fork.
3. Grill marinated chicken over medium-high heat until cooked through. Drain chicken and set aside to cool.
4. Combine cooked quinoa, vinaigrette, onions, cheese, tomatoes, olives, cucumbers, and parsley. Toss gently to combine.
5. Serve 1 cup quinoa mixture over 2 cups of lettuce. Top with grilled chicken.

