

Another Healthy Recipe from



Chicken Quinoa Salad



Here's an idea for a simple meal that you can throw together in just a few minutes. If you haven't introduced quinoa into your diet yet, here's your chance! It is a complete source of protein (meaning that it contains all the essential amino acids that our bodies need), and it has a much lower glycemic index than rice.

INGREDIENTS

- 1 chicken breast
- ¼ cup uncooked quinoa
- 2 cups spinach
- 2 medium tomatoes
- ½ cucumber
- 1 avocado
- 2 shallots
- 1 garlic clove, minced
- Juice of ½ lemon
- 2 Tbsp. olive oil
- Sea salt

INSTRUCTIONS

1. Cook the quinoa as directed.
2. Chop up the chicken and pan-fry with the minced garlic until cooked thoroughly (about 5 minutes).
3. Now chop up the veggies, toss everything in a bowl and serve.