Grilled Chicken and Mediterranean Quinoa Salad

Ingredients
- 4 Chicken breasts
- 1 ½ cups Quinoa
- 1 medium Cucumber
- 1 Green bell pepper
- 1 small Red onion
- 1 Roma Tomatoes
- ¾ cup Kalamata Olives, pitted
- ½ cup Fresh Dill
- ½ cup Feta cheese, fat free
- 1 Fresh lemon, or 2 tbsp lemon juice
- 3 tbsp Balsamic vinegar
- 3 cups Low sodium chicken stock
- 2 tbsp Olive oil
- Salt and pepper to taste

Nutrition Facts
4 servings per container

<table>
<thead>
<tr>
<th>Serving (590g)</th>
<th>Amount Per Serving</th>
<th>Calories 400</th>
<th>% Daily Value</th>
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<tbody>
<tr>
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<tr>
<td>Total Fat 7g</td>
<td>9%</td>
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<tr>
<td>Saturated Fat 1.5g</td>
<td>8%</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 130mg</td>
<td>43%</td>
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<tr>
<td>Sodium 340mg</td>
<td>15%</td>
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<tr>
<td>Total Carbohydrate 38g</td>
<td>14%</td>
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<tr>
<td>Dietary Fiber 5g</td>
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<tr>
<td>Total Sugars 6g</td>
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<td>Includes 1g Added Sugars 2%</td>
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<tr>
<td>Protein 46g</td>
<td>92%</td>
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- Vitamin D 0mcg: 0%
- Calcium 50mcg: 4%
- Iron 2.7mg: 18%
- Potas. 730mg: 16%

Preparation
1. Rinse all vegetables thoroughly. Also rinse the Quinoa in a small colander, until the water runs clear.
2. In a large pot add 4 cups of Chicken stock and the quinoa. Bring the pot to a boil and then allow to simmer for 10-15 minutes, or until the liquid has cooked off. Then set aside.
3. Cut cucumbers in half lengthwise, and in half again. Then cut into small slices. Add to a large mixing bowl.
4. Cut the top off of the bell pepper. Remove the seeds and center. Cut the pepper into 4 pieces. Then slice all those pieces into sticks. Finally line up all the stick pieces cut into small pieces. Add to the large bowl.
5. Cut the top off of the red onion, and cut in half. Remove the outer layer. Cut into thin slices. Then chop into small pieces. Add to the large bowl.
6. Remove dill leaves from stems and chop finely. Set aside.
7. Roll the fresh lemon on the counter to get juices flowing. Then cut in half and squeeze juice into a small bowl.
8. Add the balsamic vinegar and dill to the small bowl, and set aside.
9. Preheat grill to 400 °F
10. Rinse the chicken breasts and pat dry. Lay the chicken out on a cutting board and cover with plastic wrap. Beat the chicken breasts with a mallet until it is evenly flattened to about ½ inch thick.
11. Evenly coat the chicken with olive oil. Then sprinkle each side with salt and pepper.
12. Using tongs place your chicken breasts on the grill and close the lid. Turn the chicken over every 4 minutes, grilling each side twice.

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https://www.youtube.com/channel/UCnkj6aTVl051FJ3H8hKBIdQ/playlists
13. While the chicken is grilling, add the quinoa, feta cheese, olives and lemon juice mixture to the large bowl.

14. Once the grilled chicken has reached an internal temperature of 165 °F, serve hot on top of the quinoa salad.

**Tips**

The leftovers from this recipe can be served cold for lunch the next day.

Cut up your vegetables ahead of time for fast and easy assembling.

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