



CONTAINS



CELERY



MILK



SULPHITES

# Grilled Chicken and Mediteranean Quinoa Salad

## Nutrition Facts

4 servings per container

Serving Size (590g)

Amount Per Serving  
**Calories 400**

% Daily Value \*

**Total Fat 7g** 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol 130mg** 43%

**Sodium 340mg** 15%

**Total Carbohydrate 38g** 14%

Dietary Fiber 5g 18%

Total Sugars 6g

Includes 1g Added Sugars 2%

**Protein 46g** 92%

Vit. D 0mcg 0% Calcium 50mg 4%

Iron 2.7mg 15% Potas. 730mg 16%

\* The % Daily Value (DV) 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.



## 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.

## Ingredients

- 4 Chicken breasts
- 1 ½ cups Quinoa
- 1 medium Cucumber
- 1 Green bell pepper
- 1 small Red onion
- 1 Roma Tomatoes
- ¼ cup Kalamata Olives, pitted
- ⅓ 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



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<https://www.youtube.com/channel/UCnkJ6aTVI051FJ3H8hKBldQ/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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**\*Please Remember to Wash and Return  
Your Food Bags\***