



Lunch Recipes

Citrus Chicken and Quinoa Salad

Ingredients:

- 1 ½ cups cooked quinoa
- 2 tablespoons olive oil
- 1 pound boneless, skinless organic chicken breasts chopped into 1 inch cubes
- 2 cloves roasted garlic, chopped
- ½ tsp smoked paprika
- ½ tsp salt
- 2 medium oranges, (peeled and segmented)
- 1 avocado (peeled and cubed)
- Dressing:
 - ¼ cup fresh lime juice
 - 1/3 cup chopped fresh cilantro
 - 1 tablespoon orange juice
 - 1 tablespoon olive oil
 - 1 tablespoon honey



Directions:

1. Cook quinoa and let it cool
2. Pour olive oil on sauté pan and cook chicken and roasted garlic. Sprinkle paprika and salt. Cook about 8 minutes until chicken is done
3. Add cooked chicken, avocado and oranges to the quinoa. Stir and set to the side
4. Dressing: whisk all ingredients together. Pour over salad as eating it.
5. Enjoy over spinach or mixed greens!

Makes 3 servings

Nutrition Information:

1 serving: 568 calories, 34 grams protein, 41 grams carbs, 30 grams fat

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