



GREEK CHICKEN QUINOA BOWL

ingredients:

3/4 pound boneless, skinless
chicken breast
2/3 cup dry quinoa
1 1/2 cups water
1 cup cherry tomatoes, sliced
1 cup cucumber, diced
1 cup red onion, sliced
1 cup low-sodium chickpeas, drained
16 black olives

Marinade:

1 Tablespoon balsamic vinegar
1 Tablespoon lemon juice
1 Tablespoon olive oil
1 clove garlic, minced
1/4 teaspoon oregano
1/4 teaspoon black pepper
1/4 teaspoon salt

Topping:

1/2 cup plain, non-fat Greek yogurt

Yield: 4 servings

Nutrition Information Per Serving:

410 Calories
10 grams Fat
1.5 grams Saturated fat
73 mg Cholesterol
402 mg Sodium
39 grams Carbohydrates
7 grams Fiber
38 grams Protein

Food exchanges: 3 protein,
2 vegetable, 2 bread

directions:

1. Slice the chicken breast into thin strips and place in a gallon-size bag. Add the balsamic vinegar, lemon juice, olive oil, garlic, oregano, black pepper and salt to the bag. Seal bag while pressing excess air out. Rub marinade over chicken then transfer bag to the refrigerator and marinate for 2-4 hours.
2. Fill a small sauce pan with 1 1/2 cups water and dry quinoa. Bring water and quinoa to a rapid boil over high heat. Reduce heat and cover. Simmer for 15-20 minutes or until all water is absorbed.
3. Heat non-stick pan to medium heat and add chicken strips to the pan. Cook for about 10 minutes. Turn strips over and cook for another 6 minutes or until chicken reaches a temperature of 165 degrees F.
4. Add 1/2 cup cooked quinoa to each of 4 single-serving bowls. Arrange 1/4 of the chicken and 1/4 cup each of tomatoes, cucumber, red onion, chickpeas and black olives in each bowl. Top bowls with 2 Tablespoons Greek yogurt and serve.



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