



Mediterranean Style Quinoa Medley

4 Servings • 1 Serving = ½ Cup Quinoa and 3 Ounces Chicken

INGREDIENTS

- ½ cup uncooked quinoa
- 1 cup water
- 1 cup cucumber, cubed
- 1 cup red bell pepper, seeded and diced
- ½ cup red onion, diced
- Large handful parsley leaves, roughly chopped
- ¼ cup pumpkin seeds
- Optional: 1/3 cup feta cheese or queso fresco, crumbled
- 12 ounces cooked chicken, bone and skin removed
- ¼ cup balsamic vinegar
- ½ cup extra virgin olive oil
- 1 clove garlic, finely minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

DIRECTIONS

1. Combine the quinoa with water in a small saucepan. Bring to a boil, then reduce heat to a simmer and cover. Let simmer 15 minutes.
2. As the quinoa cooks, add the cucumber, bell pepper, red onion, and parsley into a medium bowl. Add pumpkin seeds and cheese
3. Dice chicken into small pieces and add to the bowl.
4. In a small bowl, combine balsamic vinegar, oil, garlic, oregano, and basil. Mix well to combine.
5. Once quinoa is cooked, fluff with a fork and then add to medium bowl. Drizzle in 2 Tablespoons of the vinaigrette until everything is lightly coated.
6. Season with salt and pepper and gently stir to combine.

Nutrition Facts

4 servings per container
Serving size 1/2 Cup Quinoa
and 3 Ounces
Chicken

Amount per serving
Calories **500**

% Daily Value*

Total Fat 31g	40%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 240mg	10%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%

Protein 34g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 4mg	20%
Potassium 588mg	15%

*The % Daily Value 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.

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