



## Asian Style Quinoa Medley

4 Servings • 1 Serving =  $\frac{1}{4}$  Cup Quinoa and 3 Ounces Chicken

### INGREDIENTS

- $\frac{1}{2}$  cup uncooked quinoa
- 1 cup water
- 1 cup cucumber, cubed
- 1 cup red bell pepper, seeded and diced
- 2 green onions, thinly sliced
- $\frac{1}{2}$  cup edamame
- 12 ounces cooked chicken, bone and skin removed
- 2 Tablespoons less sodium soy sauce
- 2 Tablespoons rice vinegar
- 1 teaspoon onion powder
- 2 teaspoons toasted sesame oil
- 1 clove garlic, grated
- $\frac{1}{2}$  teaspoon ginger, grated

### 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 cucumber, bell pepper, green onions, and edamame to a medium bowl.
3. Dice chicken into small pieces and add to the bowl as well.
4. In a small bowl, combine soy sauce, rice vinegar, onion powder, sesame oil, garlic, and ginger. Mix well to combine.
5. Once quinoa is cooked, fluff with a fork and then add to the medium bowl. Drizzle in just enough vinaigrette so that everything is coated and gently stir together.

Nutrition Facts	
4 servings per container	
Serving size	$\frac{3}{4}$ Cup Quinoa and 3 Ounces Chicken
Amount per serving	
<b>Calories</b>	<b>260</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	---
Cholesterol 50mg	30%
Sodium 460mg	20%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	---
Includes 0g Added Sugars	0%
Protein 31g	---
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 2mg	10%
Potassium 558mg	10%

\*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.

Developed by The Children's Hospital of San Antonio

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