

Grilled Chicken and Vegetable Quinoa Salad

June 2015, by Camine Pappas

INGREDIENTS:

SALAD:

- 4 C cooked organic quinoa
- 2 small yellow peppers, diced (or use the mini peppers and slice into small rings so it is pretty!)
- 1 pint container organic cherry tomatoes sliced in half
- 1/3 C white onion large dice or thin slices
- 1 very large or two medium/small organic cucumbers, peeled, halved lengthwise, seeded, then cut into slices
- 2 large boneless leftover grilled chicken breasts diced
- Handful fresh basil, julienned

DRESSING:

- 1/2 C cider vinegar
- 1/3 C Tuscan Herb olive oil (Good To Go™ brand)
- 2 heaping T yellow mustard
- 3 T honey
- 2 t kosher salt, 1 t black ground pepper
- 1 t dried chili flakes, or more if you like it spicier



DIRECTIONS:

In a large bowl, mix all the vegetables and chicken and then add the quinoa. Blend well with spoon. Whisk all dressing ingredients until well incorporated and taste to make sure you like it, then add to salad and mix in. If you want more dressing, simply create more using the ratios above.

Chill and then serve!

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