



Chicken Pomegranate Quinoa Salad

Yield: 4 servings

Ingredients

- 8 ounces chicken breast, cubed
- 1¾ cups water
- ¾ cup uncooked quinoa
- ¾ teaspoon kosher salt, divided
- ¼ cup orange juice
- ¼ teaspoon ground black pepper
- 2 cups chopped fresh spinach
- ½ cup diced apple
- ½ cup pomegranate seeds
- ⅓ cup chopped green onions
- ⅓ cup chopped fresh cilantro
- ¼ cup chopped fresh mint
- ¼ cup chopped fresh parsley
- ¼ cup slivered almonds, toasted

Instructions

1. Heat oven to 400 degrees.
2. Line a baking sheet with parchment paper.
3. Place chicken on baking sheet and bake in the oven until internal temperature of the chicken reaches 165 degrees.
4. Meanwhile, in a small saucepan, over high heat, add water and quinoa. Bring to a boil. Reduce to a simmer. Add ¼ teaspoon salt, cover and cook for 15 minutes, until quinoa is tender.
5. Transfer quinoa to a large mixing bowl and let cool for about 10 minutes. Stir periodically.
6. In a small bowl, whisk together orange juice, ½ teaspoon salt and black pepper. Set aside.
7. Add chicken and remaining ingredients to the quinoa.
8. Stir in the orange juice dressing.

Presented by
Culinary Medicine

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Nutrition Information **Serving Size: 1½ cups**

Calories: 202 | Total Fat: 5 g | Saturated Fat: 0.7 g | Monounsaturated Fat: 2.2 g | Polyunsaturated Fat: 1.6 g
Sodium: 325 mg | Total Carbohydrate: 24 g | Dietary Fiber: 3.9 g | Sugars: 6.4 g | Protein: 16.4 g

Source: Adapted from The Institute for Functional Medicine