

# Quinoa-Cranberry Grilled Chicken Salad

## Nutrient Rich Dishes

Source: [jenessadinner.blogspot.com/2013/08/quinoa-cranberry-almond-grilled...](http://jenessadinner.blogspot.com/2013/08/quinoa-cranberry-almond-grilled...)



**SERVES:**  
5 - 6



**PREP TIME:**  
25 MINS



**COOKING TIME:**  
20 MINS

Looking for a quick, tasty and healthy meal? This chicken salad is just the ticket, full of flavour and sure to keep you feeling full long after you are finished eating.

### INSTRUCTIONS

1. Cut the breasts into 3 strips each. Rub the chicken with the chopped garlic, sage, and salt and pepper to taste. Place in a bowl or baking dish with 1/4 cup of lemon juice and the red wine vinegar. Cover and refrigerate for at least a half hour, overnight is best.
2. Place the quinoa and water in a sauce pan. Bring to a boil over high heat, then reduce to a simmer and cover. In about 15 minutes, the quinoa should absorb all the water and be al dente. Place in a bowl to cool completely.
3. When the chicken is ready, grill it until completely cooked through, about 6 minutes each, turning every few minutes for even cooking. When you remove the chicken from the heat, immediately wrap in aluminum foil to save the juice that runs off.
4. While the chicken cools, whisk the olive oil, balsamic vinegar, honey, 1 tablespoon of lemon juice, and some salt and pepper in a bowl. Stir in the chopped scallions to coat them and add flavor.
5. When the chicken is cool enough to handle, chop into 1-inch cubes. Toss the chicken with the quinoa, cranberries, almonds, scallions, and dressing. Add salt and pepper to taste.

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### INGREDIENTS

- 3 large chicken breasts
- 4 cloves of garlic, chopped
- 3/4 cup quinoa
- 1 1/2 cups of water
- 1/2 cup chopped scallions
- 3/4 cup dried cranberries
- 3/4 cup slivered almonds
- 2 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 3 tablespoons balsamic vinegar
- 1 tablespoons honey
- 1/4 cup and 1 tbsp. lemon juice
- 1 teaspoon dried sage
- Salt and pepper to taste