

Quinoa Salad with Chicken, Grapes, and Almonds

Sharon Day, RD

1 cups quinoa
Pinch of salt
½ cup sliced almonds
2 tbsp white wine vinegar
Salt/pepper to taste
2 tbsp extra-virgin olive oil
2 cups cooked chicken, shredded
1½ cups grapes, quartered

Rinse quinoa under cold running water and drain. Bring 2 cups water to a boil. Stir quinoa and a pinch of salt into water. Reduce heat, cover and simmer for 15-20 minutes, until quinoa is tender and all the liquid is absorbed. Uncover and let cool.

Toast the almonds in a dry skillet over low heat for 3-5 minutes, until lightly browned and fragrant.

Dressing: Whisk vinegar, salt and pepper to taste in a large bowl. Slowly add the oil, whisking well. Add the quinoa and toss with two forks to combine. Add chicken and grapes. Toss well, taste and adjust seasoning, adding more vinegar if desired. Add toasted almonds just before serving and garnish with whole grapes if desired. Serve at room temperature.

Makes 4 servings

Nutrition information per serving: Calories: 330 ; Total Fat: 13g; Saturated Fat: 1.5g; Sodium: 140mg; Carbohydrate: 34g; Fiber: 4g; Protein: 21g