



Moroccan Chicken Salad

Active Time: 20 minutes | Total Time: 30 minutes | Serves: 4

Nutrition Information Per Serving

395 calories, 34.62 g carbohydrate, 4.86 g fiber, 29.76 g NET carbs, 34.3 g protein, 12.99 g fat

Ingredients

- 2 medium(s) organic carrots, shredded
- 2 -8oz. breast(s) pasture-raised chicken
- 1 cup organic quinoa
- 16 large(s) organic Kalamata olives
- 1/3 cup(s) organic orange juice
- 1/2 tsp(s) sea salt
- 2 Tbsp(s) organic lemon juice
- 2 Tbsp(s) fresh mint, chopped
- 2 Tbsp(s) fresh cilantro, chopped
- 2 Tbsp(s) organic extra virgin olive oil
- 1/8 tsp(s) cayenne pepper
- 1/2 tsp(s) organic cinnamon
- 1/4 cup(s) organic reduced-sodium chicken broth
- 4 tbsp(s) sliced scallions

Preparation

1. Rinse quinoa and prepare according to package instructions.
2. Meanwhile, poach chicken. Place chicken breasts in a pot in a single layer. Add filtered or spring water to cover the chicken by 1 inch. Bring the water to a boil. Reduce heat to a low simmer and partly cover the pot. Cook for 10 minutes, turn off the heat, and allow chicken to finish cooking in the hot water for 10 more minutes or until juices run clear.
3. Allow chicken to cool, then dice.
4. Combine quinoa, chicken, carrots, scallions and olives in a large bowl.
5. Whisk together broth, orange juice, lemon juice, mint, cilantro, oil, cinnamon, cayenne and salt and pepper in another bowl.
6. Toss dressing with quinoa mixture.
7. Serve.

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