SWEET PINEAPPLE CHICKEN QUINOA SALAD

INGREDIENTS:

- 4 cups water
- 2 cups uncooked quinoa
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 teaspoons ground ginger
- 1 1/4 teaspoons ground cumin
- 1/4 teaspoon salt

- 4 cups arugula
- 2 cups cooked chicken breast, chopped
- 3/4 cup pistachios
- 1/2 cup green onions, chopped
- 1 cup fresh cilantro, finely chopped
- 1/2 cup dried unsweetened pineapple
- 1/2 cup dried cherries or cranberries
- 1/2 cup flaked unsweetened coconut

DIRECTIONS:

1. In a medium saucepan, bring water to a boil. Add quinoa, cover, and reduce heat to simmer for about 12 minutes, or until water has completely absorbed.
2. Transfer quinoa to a large bowl and cool for at least 5 minutes. Add the spices to quinoa until mixed.
3. Add remaining ingredients and toss to combine.
4. You can serve this at room temperature or cold. Can be stored in an airtight container for up to 5 days.

Nutrition Facts

Serving Size 1/2 cup (262g)
Servings Per Container 8

Amount Per Serving

Calories 380   Calories from Fat 130

	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 90mg	**4%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 5g	**20%**
Sugars 10g	
Protein 18g	

Vitamin A 10%	•	Vitamin C 15%
Calcium 8%	•	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
    Fat 9 • Carbohydrate 4 • Protein 4

Source: layersofhappiness.com