

Chicken with Quinoa, Oranges, and Walnuts



This chicken and quinoa dish is packed with healthy proteins and good fats. Walnuts give it crunch, and oranges and herbs give it lots of fresh flavor.

Total Time: 10 min. | **Prep Time:** 10 min. | **Cooking Time:** None | **Yield:** 2 servings

Ingredients:

- 1 cup cooked quinoa
- 3 oz shredded rotisserie chicken breast (about ½ cup)
- 1 oz walnuts, coarsely chopped (about 14 halves)
- 1 medium orange, peeled and chopped
- 2 Tbsp. chopped fresh cilantro leaves
- 2 tsp. extra-virgin olive oil
- 2 tsp. red wine vinegar
- ¼ tsp. sea salt
- 1 dash ground black pepper

Preparation:

1. Place quinoa, chicken, orange, walnuts, and cilantro in serving bowl.
2. Drizzle with olive oil and vinegar; season with salt and pepper.
3. Mix well and enjoy.

Tip: Store-bought rotisserie chicken is very versatile. You can bone and skin the chicken and use the leftover meat in other recipes throughout the week. It’s great in sandwiches, soups, and salads.

Nutrition Facts

Amount Per Serving	
Calories	335
Total Fat	16 g
Saturated Fat	2 g
Cholesterol	76 mg
Sodium	324 mg
Total Carbohydrate	29 g
Dietary Fiber	5 g
Sugars	6 g
Protein	20 g

Portions (per serving)

P90X® + P90X2®		
½ Carb/Grain	1 Protein	1 Fat
P90X3®		
1 Carb	1 Protein	3 Fats
Body Beast®		
1 Starch	3 Proteins	3 Fats
21 Day Fix®		
1 Yellow	1 Red	1 Blue/Orange