

RAINBOW QUINOA SALAD

Ingredients: (makes 4 servings)

- 1 cup red quinoa
- 2 cups grilled chicken
- 1/2 cup bell peppers
- 1/4 cup tomatoes
- 1/4 cup red onion
- 1/2 cup lemon juice
- 1/2 cup olive oil
- 1 can chickpeas
- 1/2 cup cucumber
- 2 cups arugula



Instructions:

1. Grill and chop chicken
2. Cook quinoa with 1 cup water
3. Chop all veggies and add to a bowl, with cooled chicken and quinoa
4. Add olive oil and lemon
5. Mix together and enjoy :)
6. Great for meal prep!

