

Mediterranean Quinoa

Ingredients:

- ½ cup uncooked quinoa
- 1 can artichoke hearts
- 1 can kidney beans
- 1 ½ chicken breasts (~2 cups)
- 1/3 c kalamata olives (~10)
- 1 c cherry, grape or other tomatoes
- 1/2t olive oil
- 2 cloves garlic
- 2 tsp parsley

Directions:

1. Cook quinoa according to package directions, making sure to rinse the dry seed thoroughly before cooking. Try it with chicken broth instead of water.
2. Mince garlic. Cook chicken if necessary, in a pan with a little olive oil and about 1/4t of the garlic, but this also works great with “planned-overs.” Drain artichoke hearts and drain and rinse beans. Cut chicken into chunks. Slice olives, tomatoes if desired.
3. Once quinoa is cooked, combine with all other ingredients, stir well. This one is even better the next day.

Makes about 4 servings

Nutrition Analysis Per Serving

Calories: 417

Total Fat: 10g(this is from good fats)

Protein: 29g

Fiber: 9g

Sodium: 822mg (to decrease, make sure to drain and rinse beans, and omit olives or decrease amount if desired)

More recipes for quinoa: <http://greenterrafirma.com/quinoa-recipes.html>