

## Honey Mustard Chicken Quinoa Salad



### Ingredients

#### Dressing/Marinade

- 1/3 cup Honey
- 3 tbsp. Whole grain mustard
- 2 tbsp. Dijon mustard
- 2 tbsp. Olive oil
- 1-2 tbsp. Apple cider vinegar (or white vinegar)
- 1 Garlic clove, minced
- Salt to season
- 4 Skinless chicken breasts, cut into strips

#### For the salad (serves 1)

- 1 Handful spring mix salad
- Small Handful of chopped romaine
- 1/2 cup Quinoa, cooked
- 8-10 Cherry or grape tomatoes, sliced in half
- 1/4 Avocado, diced
- Dressing to taste
- 3oz Chicken, cooked

### Directions

1. Whisk together the marinade/dressing ingredients and pour half of it onto the chicken in a small bowl. Keep the other half for the dressing for your salad. Let the chicken marinade for at least two hours in the fridge. (if you don't have time to marinade, cooking it right away is fine too!).
2. Cook the chicken. You can either bake it, fry it or BBQ it. I BBQ'd my chicken and it tasted fabulous!
  - a. Store the chicken in a container in the fridge until ready to eat.
3. Cook the quinoa.
  - a. Add 1 cup of uncooked quinoa to a saucepan.
  - b. Add 2 cups of water or homemade veggie broth.
  - c. Bring to a boil, then reduce heat to low and simmer for 20 min.
  - d. Store the quinoa in a container in the fridge until ready to eat.
4. Then when you're ready for your salad just toss together the salad ingredients.
5. Enjoy 😊