

Mexican Chicken Quinoa Salad

Jacob · 30/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

45 mins

Description

A quick and easy way to make a delicious healthy meal

Ingredients

- - 1 cup water - ½ cup quinoa - 1 package taco seasoning mix
- divided - 2 chicken breasts
- cut into small cubes - 1 teaspoon butter - 1 avocado
- peeled and chopped - ½ red onion
- chopped - 2 stalks celery
- chopped - 1 cup chopped spinach - 1 carrot
- chopped - ½ red bell pepper
- chopped - ½ yellow bell pepper
- chopped - ? cucumber
- chopped - 2 jalapeno peppers
- seeded and chopped - ½ cup salsa

Instructions

1. Bring water
2. quinoa
3. and 1/2 of the taco seasoning mix to a boil in a saucepan. Reduce heat to low
4. cover
5. and simmer until quinoa is tender and water has been absorbed
6. about 15 minutes. Mix chicken and remaining taco seasoning mix together in a bowl; let sit for chicken to season
7. about 10 minutes. Heat butter in a skillet over medium heat; cook and stir chicken until no longer pink in the center
8. 5 to 10 minutes. Place chicken and quinoa in a bowl and place in freezer until cooled
9. about 5 minutes. Combine avocado
10. red onion
11. celery
12. spinach
13. carrot
14. red bell pepper
15. yellow bell pepper
16. cucumber
17. and jalapeno peppers in a large bowl; add chicken-quinoa mixture and salsa and mix well.