



Thai Style Chicken and Quinoa Salad

Recipe Source: www.melskitchencafe.com

Ingredients:

1 ½ cups uncooked quinoa, rinsed well
2 cups cooked chicken, chopped or shredded
½ cup chopped carrots
½ cup shelled edamame
½ cup chopped red pepper
4 green onions, chopped
½ cup chopped roasted peanuts
½ cup freshly chopped cilantro
Salt and pepper to taste

Sauce:

4 Tbsp sweet chili sauce
2 Tbsp rice vinegar
2 Tbsp canned coconut milk
1 Tbsp packed light brown sugar
2 tsp creamy peanut butter
2 garlic cloves, finely minced
1 lime juiced, about 2 Tbsp
Pinch of ground ginger

Steps:

- Prepare quinoa according to package directions.
- While quinoa is cooking, combine all of the sauce ingredients together in a liquid measure and whisk to combine (or pulse in a blender).
- Scoop cooked quinoa into a large bowl. Stir in the sauce and mix well.
- Stir in the chicken, carrots, edamame, red pepper, green onions, peanuts and cilantro. Add salt and pepper to taste. Serve warm, room temperature or chilled.

Tips from the Test Kitchen: Reduce brown sugar in the dressing. Use brown rice instead of quinoa if you prefer.

Nutritional Facts: per serving Calories: 387, Carbohydrates: 43 grams, Protein: 26 grams, Total Fat: 13 grams, Saturated Fat: 3 grams, Cholesterol: 40 mg, Sodium: 215 mg, Fiber: 6 grams, Total Sugars: 10 grams.