

# Quinoa Tabbouleh with Grilled Chicken

**Prep Time:** 15 minutes | **Cook Time:** 20 minutes | **Servings:** 2

#### **Ingredients:**

- ½ cup dry quinoa (rinsed)
- 1 cup water
- 1 chicken breast (grilled, sliced)
- 1 cup chopped parsley
- ½ cup diced cucumber
- ½ cup diced tomato
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt & pepper to taste

#### **Steps:**

- 1. Cook quinoa in water until fluffy (15 minutes). Let it cool.
- 2. In a bowl, combine quinoa, parsley, cucumber, and tomato.
- 3. Drizzle with olive oil and lemon juice. Mix well.
- 4. Top with grilled chicken slices.

## **Nutrition (approx):**

Calories: 390Protein: 28gCarbs: 35gFat: 14gFiber: 6g

### Tips:

- Marinate chicken in olive oil, garlic, and lemon for extra flavor.
- Use leftover quinoa for meal prep.