

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: 390
- Protein: 28g
- Carbs: 35g
- Fat: 14g
- Fiber: 6g

Tips:

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