

Grilled Chicken with Quinoa Salad

A healthy and delicious main dish featuring grilled chicken and a flavorful quinoa salad.



Main Dish

American

25 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- For the grilled chicken:
- 1 boneless, skinless chicken breast
- 1 tablespoon olive oil
- Salt and pepper to taste
- For the quinoa salad:
- 1/2 cup cooked quinoa
- 1/4 cup diced cucumber
- 1/4 cup cherry tomatoes, halved
- 2 tablespoons chopped fresh parsley
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- Salt and pepper to taste

Steps

- 1 Preheat the grill to medium-high heat.
- 2 Rub the chicken breast with olive oil and season with salt and pepper.
- 3 Grill the chicken for about 6-8 minutes per side, until cooked through.
- 4 Meanwhile, in a bowl, combine the cooked quinoa, cucumber, cherry tomatoes, parsley, lemon juice, olive oil, salt, and pepper.
- 5 Toss everything together until well combined.
- 6 Once the chicken is cooked, let it rest for a few minutes before slicing.
- 7 Serve the grilled chicken on top of the quinoa salad.
- 8 Enjoy!