

Grilled Chicken and Avocado Quinoa Pilaf

Rating: ★★½

Prep time: 45 minutes

Makes: 4 Servings

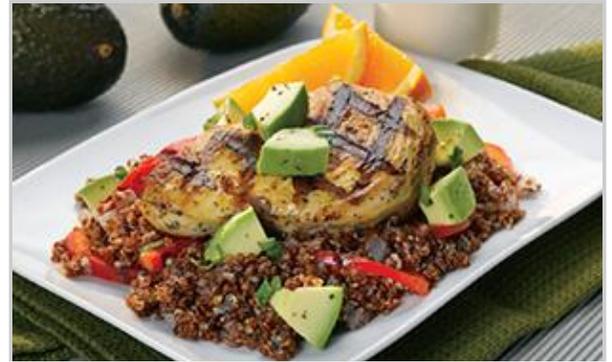
This pilaf recipe pairs avocados and bell peppers with red quinoa and grilled chicken, for a satisfying, colorful meal.

Ingredients

- 2 tablespoons** fresh or bottled lemon juice
- 1/4 cup** fresh basil
- 3/4 teaspoon** ground black pepper (divided)
- 1** avocado (cut into chunks)
- 1 tablespoon** olive oil (divided)
- 1/4 teaspoon** salt
- 2** small boneless, skinless chicken breasts (about 1 lb)
- 1** large red bell pepper
- 1/2** medium onion (chopped)
- 1 clove** garlic (minced)
- 3 cups** water
- 3 teaspoons** sodium-free chicken bouillon
- 1 1/2 cups** red quinoa (uncooked/dry)

Directions

1. Heat grill.
2. Peel and cut avocado into chunks; place in a medium bowl.
3. Mix lemon juice, basil, an 1/2 tsp black pepper. Drizzle over avocado chunks, toss, and set aside.
4. Cut chicken breasts in half crosswise.
5. Mix 1/2 tbsp olive oil, salt, and remaining black pepper.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	460	
Total Fat	16 g	25%
Protein	28 g	
Carbohydrates	54 g	18%
Dietary Fiber	7 g	28%
Saturated Fat	2 g	10%
Sodium	240 mg	10%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	2 ounces
Protein Foods	3 ounces

Brush mixture on chicken and red bell pepper.

6. Grill chicken and pepper until done. Set chicken breasts aside. Cut pepper into thin strips.
7. While chicken and peppers are grilling, heat remaining olive oil in a large pan, add garlic and onion, and cook until tender, about 5 minutes.
8. Add water, bouillon, and quinoa to pan; bring to boil, cover, reduce heat, and simmer until liquid is absorbed and quinoa is cooked (about 15-20 minutes).
9. Place quinoa pilaf in a large bowl and add chicken, red peppers, and avocado. Toss gently.

Notes

Serving Suggestions: Serve with non-fat milk and orange slices.

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