



## *Healthy Eating & Weight Loss*

# December 2007 Recipe of the Month- Quinoa Salad

- 2 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp each paprika, ground cumin and ground coriander
- 1 cup quinoa
- 2 boneless chicken breasts, diced
- 3 green onions sliced
- 2 plum tomatoes, diced
- 1/2 sweet red pepper, diced
- 2 cups cooked or canned black beans, rinsed and drained
- 1 cup corn kernels
- 1/4 cup finely chopped coriander
- 2 tbsp lime juice

Heat half of the oil in saucepan over medium heat and cook garlic and paprika stirring until fragrant (about 30 seconds). Stir in quinoa and add 2 cups of water and bring to a boil. Reduce heat and cover and simmer until no liquid remains and quinoa is tender, about 15 minutes.

Meanwhile, in a large skillet, heat remaining oil over medium heat and saute chicken, ground coriander, cumin, along with a pinch each of salt and pepper. Add green onion, tomatoes, red pepper, black beans and corn. Cook over medium heat stirring until red pepper is tender crisp and chicken is cooked through. Transfer to large bowl and add quinoa, fresh coriander and lime juice. Toss to combine. Makes 4-6 servings.

**320 calories per serving, 23 g protein**

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