Herb-Marinated Grilled Chicken Quinoa Salad

A light, protein-packed grilled chicken and quinoa salad with fresh cucumber and herbs, perfect for a healthy, low-carb meal.

Servings: 2 **Time:** 35 minutes

Ingredients

- 2 boneless, skinless chicken breasts (6 oz each)
- 1/2 cup quinoa (uncooked)
- 1 cup water
- 1/2 medium cucumber, diced
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh mint, chopped
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 clove garlic, minced
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp paprika
- Optional: 1/4 cup crumbled feta cheese

Instructions

1. Rinse quinoa under cold water. In a small pot, combine quinoa and water. Bring to a boil, then reduce heat to low, cover, and simmer 15 minutes until water is absorbed. Remove from heat and let sit covered for 5 minutes, then fluff with a fork.
2. In a small bowl, mix olive oil, lemon juice, garlic, salt, pepper, and paprika to create the marinade.
3. Place chicken breasts in a shallow dish and pour half the marinade over them. Let marinate for at least 10 minutes.
4. Preheat stovetop grill pan over medium-high heat. Grill chicken 5-7 minutes per side until cooked through and juices run clear. Let rest 5 minutes, then slice thinly.
5. In a large bowl, combine cooked quinoa, diced cucumber, chopped parsley, and mint. Add remaining marinade and toss to combine.
6. Top salad with sliced chicken and optional feta cheese. Serve immediately or chill for 15 minutes for extra refreshing flavor.

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