

BALSAMIC CHICKEN SALAD WITH LEMON QUINOA



Gordon[®]
FOOD SERVICE STORE

Ingredients *Yield: 6 servings*

Reorder No.	Description	Amount
508600	Gordon Choice™ White Quinoa, dry	½ cup
261564	Hearthstone® Chicken Broth	1 cup
424307	Kosher Salt	to taste.
677558	Lemon, juiced	1.
866721	Tyson Chicken Thighs	6.
758521	Primo Gusto® Extra Virgin Olive Oil	3 Tbsp..
513458	Balsamic Vinegar	½ Tsp.
644650	Garlic, crushed	1 clove
264170	Romaine Lettuce, shredded	6 cups
184750	Grape Tomatoes, halved	7 oz.
790220	Medium Red Onion, thinly sliced	½ onion
138732	Pitted Kalamata Olives	⅓ cup
798860	Feta Cheese	¼ cup
673662	Fresh Parsley, chopped	½ cup

Preparation Instructions

Wash Hands.

In a small saucepan, combine quinoa, stock and salt together. Bring to the boil; reduce heat to gentle simmer, cover with a lid and cook for 15 minutes or until broth has absorbed and quinoa is soft. Remove from heat and set aside while still covered and allow to steam. After about 2 minutes, fluff with a fork. Allow to cool slightly and add half of the lemon juice.

Add the chicken thighs in a large skillet or nonstick pan with 1 tablespoon of olive oil, 2 tablespoons of balsamic vinegar, the remaining lemon juice, and crushed garlic. Saute the chicken until crispy and golden on both sides, and cooked through. Remove from heat; allow to cool slightly, and slice into 1-inch strips.

Combine all dressing ingredients in a small bowl and whisk until mixed through. Add salt and pepper to taste.

Combine the lettuce, tomatoes, onion, olives, Feta and parsley together in a large salad bowl. Top with chicken slices and quinoa, and drizzle with the dressing. Toss to combine. Serve with lemon wedges.