



Quinoa salad with chicken, avocado, and oranges

SERVES 4 TO 6 AS A MAIN COURSE | 40 MINUTES

Light, fluffy quinoa cooks in practically no time and is incredibly versatile—you can add it to just about any kind of salad. Millet would also be good.

- 1¼ cups quinoa
- 1 tsp. chili powder
- 3 tsp. minced garlic, divided
- Zest of 1 lime
- 2 tsp. plus 3 tbsp. olive oil
- 1 tsp. each kosher salt and pepper, divided
- 1 lb. boned, skinned chicken thighs
- ¼ cup lime juice
- ½ cup chopped fresh cilantro
- 4 large oranges, peeled and segmented
- 2 ripe avocados, peeled and cubed

1. **Cook** quinoa according to package directions and fluff with a fork. Transfer to a large bowl and let cool.
2. **Preheat** broiler with a rack set 4 to 6 in. from heat. In a large bowl, stir together chili powder, 2 tsp. garlic, the lime zest, 2 tsp. oil, and ½ tsp. each salt and pepper. Add chicken and toss to coat. Put chicken on a baking sheet and broil, turning once, until browned and cooked through, about 12 minutes total. Let cool slightly, then slice and add to reserved quinoa.
3. **Add** remaining ingredients to quinoa and chicken; toss to coat.

PER 1¼-CUP SERVING 490 CAL., 48% (236 CAL.) FROM FAT; 21 G PROTEIN; 26 G FAT (4.4 G SAT.); 44 G CARBO (10 G FIBER); 311 MG SODIUM; 50 MG CHOL.