



## 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.

**1 1/4** 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  
**1/4** cup lime juice  
**1/2** 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  $\frac{1}{2}$  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 1 1/4-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.