



Grilled Chicken and Avocado Quinoa Pilaf

Serves: 4

Ingredients:

- 2 tablespoon fresh or bottled lemon juice
- ¼ cup fresh basil
- ¾ teaspoon ground black pepper, divided
- 1 avocado, cut into chunks
- 1 tablespoon olive oil, divided
- ¼ teaspoon salt
- 2 small boneless, skinless chicken breasts (about 1 lb)
- 1 large red bell pepper
- ½ medium onion, chopped
- 1 clove garlic, minced
- 3 cups water
- 3 teaspoons sodium-free chicken bouillon
- 1½ cups red quinoa, uncooked/dry



Directions:

1. Heat grill. Peel and cut avocado into chunks; place in a medium bowl.
2. Mix lemon juice, basil, and ½ tsp black pepper. Drizzle over avocado chunks, toss, and set aside.
3. Cut chicken breasts in half crosswise. Mix ½ tablespoon olive oil, salt, and remaining black pepper. Brush mixture on chicken and red bell pepper. Grill chicken and pepper until done. Set chicken breasts aside. Cut pepper into thin strips.
4. While chicken and peppers are grilling, heat remaining olive oil in a large pan, add garlic and onion, and cook until tender, about 5 minutes. Add water, bouillon, and quinoa to pan; bring to boil, cover, reduce heat, and simmer until liquid is absorbed and quinoa is cooked (about 15-20 minutes).
5. Place quinoa pilaf in a large bowl and add chicken, red peppers, and avocado. Toss gently.





Nutrition Facts: Calories, 460; Calories from fat, 140; Total fat, 16g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 45mg; Sodium, 240mg; Total Carbohydrate, 54g; Fiber, 7g; Protein, 28g; Vit. A, 30%; Vit. C, 100%; Calcium, 6%; Iron, 30%.

Source: www.choosemyplate.gov



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.