



# Quinoa Waldorf Salad

3/4 cup	quinoa-cooked
3/4	apple-cored and cut into 1/2" pieces
1 TBSP	lemon-juiced
1/2 cup	celery-sliced
1/2 cup	yogurt, nonfat, plain-strained or option: Greek non fat yogurt
1 TBSP	parsley, fresh-chopped
6 ounces	chicken breast-cooked and diced
Pinch	black pepper-
1/2 TBSP	walnuts, raw-chopped
4 cups	baby spinach-

*In a large bowl, place quinoa, apple and lemon juice and stir to combine. Add celery, yogurt, parsley and chicken mixing thoroughly. Season w/ pepper. Cover and refrigerate for a minimum of one hour. When ready to eat, divide onto two plates serve over 2 cups of baby spinach and top w/ walnuts. Serves 2.*

Rating: ☆☆☆☆☆

Notes: