



BRUSCHETTA CHICKEN QUINOA BOWL



INGREDIENTS

ITEM	QUANTITY
• Cooked Quinoa	½ cup
• Chicken Breast (5-6 Oz)	1
• Cherry Tomatoes, Diced	½ cup
• Olive Oil	1 tbsp
• Balsamic Vinegar	1 tbsp
• Chopped Basil	1 tbsp
• Green Onion Tops	1 tbsp
• Salt and Pepper	

SERVING SIZE 1



PREPARATION

- Season chicken with salt and pepper and cook in a skillet over medium heat until fully cooked through. Let it rest for 5 minutes, then slice.
- In a bowl, combine diced tomatoes, olive oil, balsamic vinegar, basil, and green onion tops. Stir gently to combine.
- Warm quinoa slightly if desired or serve cold.
- Assemble bowl starting with quinoa, then sliced chicken, and top with bruschetta.