



CHICKEN QUINOA SPINACH BOWL

INGREDIENTS

ITEM

Chicken Breast
Cooked Quinoa
Spinach
Zucchini, lightly sautéed
Roasted Red Pepper
Feta (Optional)
Olive Oil
Lemon Juice
Garlic Powder, Salt, Pepper

QUANTITY

4-5 Oz.
½ Cup
½ Cup
½ Cup
¼ Cup
1-2 Tbsp.

SERVING SIZE

1

PREPARATION

- ✔ Cook quinoa according to package directions and fluff with a fork.
- ✔ Cook chicken thoroughly in a skillet or grill, then slice into strips.
- ✔ Lightly sauté zucchini for 2-3 minutes until tender but still firm.
- ✔ Put spinach in a bowl and layer with quinoa, chicken, zucchini, and roasted red pepper.
- ✔ Drizzle with olive oil and fresh lemon juice.
- ✔ Season with garlic powder, salt, and pepper.
- ✔ Top with feta if desired and serve.