



# Chicken-Quinoa Salad

A perfect recipe for a warm summer evening with friends, this chicken-quinoa salad offers a variety of veggies and fruit along with good sources of protein. This recipe is IBS-friendly because it uses quinoa, which is low-FODMAP, as a base. You will have time to prepare the dressing while the quinoa is cooking.

## Ingredients:

1 ½ cups uncooked quinoa  
1 ¼ cups water  
¼ teaspoon salt  
1/3 cup fresh blueberries  
½ cup thinly sliced scallion greens  
1 medium red bell pepper, seeded, chopped  
¼ cup chopped fresh basil  
4 cups chopped baby spinach (6 ounces)  
1 ½ cups cherry tomatoes, halved (½ pound)  
1 cup sliced cucumber

1 pound boneless, skinless chicken breast, chopped  
15.5 ounce can chickpeas, drained, rinsed  
½ cup crumbled feta cheese  
¼ cup raisins  
½ cup fresh lemon juice  
6 tablespoons olive oil  
2 tablespoons garlic-infused oil  
½ cup packed mint leaves  
1 teaspoon salt  
1 teaspoon ground mustard  
1 tablespoon sugar

## Procedure:

Rinse the quinoa in a mesh sieve. In a 4-quart saucepan, bring the water to a boil on high heat. Add the quinoa along with the salt, cover the pan, reduce heat, and cook until small white "tails" separate from the quinoa. White quinoa cooks faster than red quinoa, so start testing for after about 10 minutes. Red quinoa may take up to 15 minutes to cook. Remove from the heat and drain. Cover the pot again and allow the quinoa to rest for 5-10 minutes to absorb any remaining liquid.

In a large bowl, briefly cool the quinoa. Then add blueberries, scallion greens, bell pepper, basil, spinach, tomatoes, cucumber, chicken, chickpeas, cheese and raisins. Stir to combine.

In the bowl of a food processor or blender, combine lemon juice, olive oil, garlic-infused oil, mint leaves, salt, mustard, and sugar. Process until smooth. If desired, pour on top of the salad and toss to combine, or serve separately.

Variations: Use strawberries instead of blueberries. Brown rice or gluten-free pasta can be used instead of quinoa. For a vegetarian version, tofu or tempeh could be used instead of chicken. Other vegetables such as chopped green pepper or kale could be added.

Serves: 8 as a main dish salad (2 cups per serving)

Recipe provided courtesy of [www.ibsfree.net](http://www.ibsfree.net) and GI Nutrition Inc.