

### **Waldorf Chicken Salad**

2 apples, diced, green and red  
1/2 lemon, juiced  
2 ribs celery, diced  
2/3 c walnuts, lightly toasted  
1/4 c raisins  
1 c cooked chicken breasts (see link for grilling method), chopped into cubes  
sea salt & freshly ground pepper

Dice the apples, then coat them with lemon juice. Reserve a few slices (1/4 of each apple) for garnish. Mix celery, apples, chicken, raisins, salt and pepper. Top with walnuts. Garnish with some lettuce leaves. Serve atop a bed of Cumin Paprika Quinoa with Cilantro Yogurt Dressing on the side.

### **Cumin Paprika Quinoa**

1 c quinoa  
1 1/2 c homemade chicken stock (commercial, low sodium stock or water)  
1/2 t paprika  
1/2 t cumin  
sea salt & freshly ground pepper

Rinse quinoa using a strainer. Combine all ingredients. Simmer for about 15 minutes, on the stove top or in a rice cooker, until the water is absorbed. Stir, then leave covered for 5-10 minutes before serving.

### **Cilantro Yogurt Dressing**

6 oz yogurt  
1/3 c cilantro  
1 garlic clove  
sea salt & freshly ground pepper

Blend the cilantro and the garlic in a small processor, add the yogurt and blend until mixed. Season to taste with salt and pepper.

**Jittery Cook**