

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 yogourt
- 1/3 c cilantro
- 1 garlic clove
- sea salt
- freshly ground pepper

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