

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