



# Cooking in the Kitchen at Olums

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*Delicious Recipes  
that are Easy & Nutritious*

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## Mexican Quinoa Salad

Serves 4

### Ingredients:

- 1 ½ cups uncooked quinoa
- 3 cups water
- 1 avocado, diced
- 1 cup cherry tomatoes, diced
- 1 can (15 oz) black beans, drained and rinsed
- 2 cups corn, cooked
- ¼ cup cilantro, chopped
- 3 scallions, diced
- 8 ounces chicken breast, diced
- 1 cup fresh salsa, divided
- Optional – sour cream

### Directions:

1. (Cook the quinoa) In a medium pot combine quinoa with 3 cups water. Bring to a boil, then lower the heat and simmer over low heat until all of the water is absorbed, about 15 – 20 minutes.
2. In a skillet combine ¼ cup of the salsa and the chicken breast, cook until the chicken is lightly browned and thoroughly cooked (minimum internal temperature of 165° F).
3. Once the quinoa and chicken are cooked, combine the remaining ingredients and the additional ¾ cup of salsa. Toss to combine and serve.

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