



**NutritionRx**  
Jennifer Broxterman

# Pesto Quinoa & Chicken Salad

*This quinoa recipe is tasty and is great for lunch on-the-go. The quinoa provides lot of protein, which will help keep you full for longer.*

Prep: 10 minutes • Total: 25 minutes

## Ingredients:

Quinoa, rinsed and drained	1 cup	170 g
Chicken broth, low sodium	2 cups	500 mL
Chickpeas, unsalted	1/2 cup	130 g
Basil pesto	2 Tbsp	29 g
Medium tomato, diced	1 each	148 g
Medium cucumber, diced	1/2 each	150 g
Spinach, chopped	1 cup	24 g
Black pepper	¼ tsp	0.5 g

## Directions:

1. Bring the quinoa and chicken broth to a boil in a saucepan. Cover and reduce heat to low. Simmer for approximately 15 minutes. Remove from heat and stir pesto into quinoa.
2. While quinoa is cooking, dice the tomato, cucumber, and chop spinach.
3. Add chickpeas, tomato, cucumber, spinach and black pepper and carefully fold into the mixture. Serve warm or cold.

## Nutrition Facts

Serving Size (249g)

Servings Per Container

Amount Per Serving

**Calories 200**      **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**      **7%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 140mg**      **6%**

**Total Carbohydrate 30g**      **10%**

Dietary Fiber 4g      **16%**

Sugars 4g

**Protein 9g**

Vitamin A 6%      • Vitamin C 10%

Calcium 4%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: All Recipes*

Makes 5 servings (249g / serving) • 1 serving = ~1 cup

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