

Curried Red Quinoa Salad with Chicken

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Ingredients

1 pound boneless skinless chicken breast, cut into 3/4 inch pieces

1/4 teaspoon salt

1/4 cup fat-free italian dressing

2 teaspoons curry powder

1 cup cooked red quinoa

1 large gala apple, cored and thinly sliced

1/4 cup thinly sliced red onion

Method

1. Spray medium skillet with nonstick spray and set over medium heat. Sprinkle chicken with salt and cook, turning occasionally, until cooked through, about eight minutes.

2. Meanwhile, combine dressing and curry powder in large bowl. Add kale, quinoa, apple, onion, and chicken; toss to coat.

Notes

We like the look of red quinoa in this salad, but you can substitute white quinoa.

Source: Weight Watchers Love It, Cook It, Eat It (Servings: 4 | Yield: 2 1/2 cups per serving)