



Swimsuit-Ready in 20 Days: Lunch Recipes

Mediterranean-Style Chicken and Quinoa Salad

6 ounces skinless, boneless chicken breast

$\frac{3}{4}$ cup quinoa

1 $\frac{1}{3}$ cups diced, seeded plum tomatoes

1 cup chopped fresh parsley

3 tablespoons freshly squeezed lemon juice

Salt and cracked black pepper to taste

Place the chicken breast and 2 cups of water in a small saucepan and cook for 8 minutes. Let the chicken cool and dice it. Set aside.

Put the quinoa and 1 $\frac{1}{2}$ cups of water into a saucepan and simmer about 15 minutes or until the liquid is absorbed. Stir occasionally. Combine the chicken, quinoa, tomatoes, parsley, lemon juice, salt, and pepper; toss gently.

To serve: Spoon the salad into shallow bowls.

Servings: 2