



LEMON HERB CHICKEN CRUNCH BOWL

A fresh, protein-centered bowl with chicken, crisp vegetables, quinoa, and lemon.

PREP

10 minutes

COOK

0 minutes when using cooked chicken and quinoa

YIELD

1 serving

INGREDIENTS

- 3 to 4 ounces cooked chicken, sliced
- ½ cup cooked quinoa
- 1 cup chopped cucumber, tomato, and leafy greens
- 1 tablespoon crumbled feta, optional
- 1 teaspoon olive oil
- 1 tablespoon fresh lemon juice
- Dried oregano and black pepper to taste

INSTRUCTIONS

- 01** Place the quinoa and vegetables in a bowl.
- 02** Add the cooked chicken and feta.
- 03** Drizzle with olive oil and lemon juice.
- 04** Season with oregano and black pepper, then toss gently.

SIMPLE SWAP

Replace chicken with chickpeas, tofu, or salmon.