

FOOD & WINE

INSPIRATION SERVED DAILY



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Warm Quinoa Salad with Carrots and Grilled Chicken

CONTRIBUTED BY CAT CORA

ACTIVE:

TOTAL TIME: 35 MIN

SERVINGS: 4

FAST

HEALTHY

Cat Cora's nutritious [quinoa](#) is quick to make. Adding chicken makes it a great meal-in-one.

 **More One Pot Recipe Ideas**

6 ounces red or black quinoa (1 cup)

Salt and freshly ground black pepper

1/4 cup pine nuts

3 tablespoons extra-virgin olive oil, plus more for drizzling

3 garlic cloves, minced

1/2 medium red onion, finely chopped

2 medium carrots, halved lengthwise and sliced crosswise into half-moons

2 teaspoons ground cumin

1 tablespoon plus 1 teaspoon sherry vinegar

2 skinless, boneless chicken breast halves (about 6 ounces each), cut into 1-inch cubes

2 tablespoons small mint leaves

1. Put the quinoa in a small saucepan and cover with 2 cups of water. Add a large pinch of salt and pepper and bring to a boil. Cover and cook over low heat until the water has been absorbed and the quinoa is tender, about 15 minutes.

2. Meanwhile, in a large skillet, toast the pine nuts over moderate heat, stirring, until fragrant, about 2 minutes. Transfer to a plate. Heat the 3 tablespoons of olive oil in the skillet. Add the garlic and onion and cook over moderate heat until softened, about 5 minutes. Add the carrots and cumin, cover and cook over low heat until the carrots are just tender, about 5 minutes. Stir in the quinoa and vinegar and season with salt and pepper.

3. Light a grill. Drizzle the chicken with olive oil and thread onto 4 skewers. Season with salt and pepper and grill over moderately high heat, turning, until browned and cooked through, about 5 minutes total.

4. Mound the quinoa salad on plates. Garnish with the toasted pine nuts and mint leaves and serve the chicken skewers alongside.

SUGGESTED PAIRING

Spiced, black cherry-inflected Pinot Noir.