

Curry Cashew Quinoa Salad

Instructions

1. Place quinoa in a small bowl and cover with cool water. Soak for 5 minutes and then strain with a fine mesh strainer, rinsing well.
2. Bring vegetable broth to a boil in a medium-sized pot. Add 1 ½ teaspoons curry powder, drained quinoa, and a pinch of salt. Reduce heat to a simmer, cover, and cook until liquid has been absorbed, about 15 minutes. Set aside to cool, and then refrigerate until chilled.
3. Combine chilled quinoa, pineapple, onion, parsley or cilantro, and chicken. Gently toss to combine.
4. Make dressing by mixing olive oil, honey, vinegar, remaining 1 teaspoon curry powder, and lemon juice in a small jar. Add salt and pepper and shake to combine.
5. Pour 5 tablespoons of dressing over quinoa mixture and gently toss to combine. Season with additional salt and pepper to taste. Right before serving, stir in the chopped cashews. Add additional dressing if desired.

Ingredients

- 1 cup dry quinoa
- 2 cups vegetable broth
- 2 ½ teaspoons curry powder, divided
- Kosher salt
- ¾ cup diced fresh pineapple
- ⅓ cup diced red onion
- ⅓ cup fresh parsley or cilantro, chopped
- 1 ½ cups diced cooked chicken breast
- ½ cup chopped cashews

Dressing Ingredients

- 2 tablespoons olive oil
- 1 tablespoon honey
- 1 tablespoon rice vinegar
- 4 tablespoons freshly squeezed lemon juice
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground black pepper

Grocery List

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| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Olive oil |
| <input type="checkbox"/> Vegetable broth | <input type="checkbox"/> Honey |
| <input type="checkbox"/> Curry powder | <input type="checkbox"/> Rice vinegar |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Lemon/lemon juice |
| <input type="checkbox"/> Red onion | <input type="checkbox"/> Black pepper |
| <input type="checkbox"/> Fresh parsley or cilantro | |
| <input type="checkbox"/> Chicken breast | |
| <input type="checkbox"/> Cashews | |
| <input type="checkbox"/> Kosher salt | |

Source:

400 Calories Or Less With Our Best Bites cookbook by Sara Wells and Kate Jones