five-ingredient lemon chicken quinoa bowl



cook time:
30

prep time:
15

there are only FIVE ingredients in the lemon chicken quinoa bowl--marinating the chicken in our lemon agave dressing is a quick and powerful way to infuse AMAZING flavor!

ingredients

4 servings

1 cup **organicgirl? lemon agave dressing**, divided
4 boneless, skinless chicken thighs
1 cup quinoa
1 cup seedless grapes, halved
½ cup chopped fresh mint

directions

1. in a bowl, toss chicken with ¼ cup dressing. cover and refrigerate at least 1 hour and up to 8 hours.

2. in a medium saucepan, bring quinoa and 1½ cups water to a boil. cover and reduce heat to low. simmer for 15 minutes or until water is absorbed. take off heat, let stand covered for 5 minutes, then fluff with a fork.

3. preheat a lightly oiled grill pan or skillet over medium-high heat. sprinkle chicken with ½ teaspoon salt and cook until internal temperature reaches 165°F and juices run clear, 6-8 minutes per side. transfer to a cutting board, then thinly slice.

4. in a large bowl, toss quinoa, grapes, and mint with ½ cup dressing and arrange in bowls. top with sliced chicken and drizzle each bowl with 1 tablespoon dressing.