

Spicy Chicken Quinoa

Serves 4

1 ½ cups quinoa cooked according to pkg. directions & set aside(keep warm)

2 tsp. olive oil

1 lb. chicken breast tenderloins (Substitute tofu or beans for a vegetarian dish)

S&P to taste

½ large red onion

2 jalapenos

1 cup corn

1 ½ cups salsa

In a large skillet heat the oil. Season the chicken with S&P. Cook over med/high heat about 6 minutes turning once. Allow chicken to rest. Dice vegetables and cut the chicken into cubes. Combine all ingredients and season with S&P to your taste.