

Thai Chicken Quinoa Bowl

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/bj-s-peruvian-quinoa-bowl-recipe>

Ingredients:

- 1/2 cup quinoa uncooked, rinsed
- 1 chicken breast cooked and shredded
- 1/3 cup carrots chopped
- 1/3 cup edamame shelled
- 1/3 cup green onions chopped
- 1/4 cup peanuts chopped
- 1/4 cup chopped cilantro freshly
- 2 tablespoons sweet chili sauce
- 1 tablespoon rice vinegar
- 1 tablespoon canned coconut milk
- 1/2 tablespoon brown sugar
- 1 teaspoon creamy peanut butter it mixes in easier if it's melted, FYI
- 1 garlic clove
- 1/2 lime juice
- 1/8 teaspoon ground ginger

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 40 milligrams
4. Fat: 16 grams
5. Fiber: 8 grams
6. Protein: 27 grams
7. SaturatedFat: 3 grams
8. Sodium: 330 milligrams
9. Sugar: 7 grams

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