SUPER FOODS SALAD

1 cup quinoa, cooked 1 cup purple onion, diced
1 cup spinach 1 1/2 cup cucumber, diced
1 cup kale balsamic vinegar
1 cup romaine lettuce lemon juice of 1 lemon
2 roma tomato, diced salt and pepper
1 avocado, diced

Wash all of the greens and pat or spin dry with a lettuce spinner. Mix the greens together in a large bowl. Spread the quinoa on top evenly. Top with the tomato, avocado, onion and cucumber.

Cut the lemon in half and squeeze the lemon juice over the salad. Sprinkle balsamic vinegar over the top of the salad, ~1-2 tbsp. Sprinkle with salt and pepper to taste.

ORANGE CHICKEN

In a bowl, combine the egg and a splash of milk. In a separate shallow dish combine the bread crumbs, orange zest, salt and pepper. In a third bowl whisk together the honey, orange juice and optional red pepper flakes. Set aside. Heat 1/2 tbsp of olive oil in a large pan to medium heat. Remove excess fat from chicken, pat dry with a paper towel if necessary, dice into 1-inch cubes. Season with salt and pepper.

Add the chicken to the egg, remove piece by piece shaking off excess egg and place into bread crumbs. When oil is hot, add the chicken in an even layer. Cook for 5 minutes until golden brown on one side. Turn over and cook for an additional 3-5 minutes. Pour the orange juice/honey mixture into the pan. Stir gently for 5 minutes, until the juice reduces and forms a thick syrup in the pan. Serve over brown, jasmine or basmati rice.

2 boneless, skinless chicken breasts
1 1/2 cup plain whole wheat bread crumbs
1/2 tbsp orange zest
1 egg
1/2-1/2 cup orange juice
1 tsp honey
splash of milk
salt and pepper
olive oil
red pepper flakes (optional)