

Chicken and Vegetable Quinoa Stir-Fry

From – *The Perfect Pantry*

3/4 cup quinoa - rinsed
1 Tbsp + 1 tsp vegetable oil
1 small carrot, cut into 1-inch lengths, julienned
1 medium bell pepper, cut into 1-inch lengths, julienned
2 tsp grated ginger root
1 clove garlic, thinly sliced
1/8 tsp mild red pepper flakes
2 cups mixed vegetables (broccoli florets, snow peas, zucchini, etc.)
1/4 tsp black pepper
1 large egg, beaten
4 oz *cooked* chicken breast, chopped
2 scallions, chopped
1/2 cup cilantro, roughly chopped
2 Tbsp reduced-sodium soy sauce
Juice of 1/2 lime

- Boil 1 1/2 cups water add quinoa and simmer for 20 minutes. Set aside.
- Heat 1 Tbsp of oil in a wok or large nonstick frying pan over medium-high heat.
- Add the carrots and bell pepper, and cook, stirring occasionally, until softened slightly.
- Add the ginger and garlic, and stir-fry for 30 seconds.
- Stir in the red pepper flakes and mixed vegetables, plus the black pepper.
- Remove vegetables from the wok and set aside.
- Return the pan to heat, and add 1 tsp of oil.
- Add the quinoa and egg, and stir-fry to cook the egg, 30 seconds.
- Return the vegetables to the pan along with the chicken, scallions, cilantro, soy sauce and lime juice.
- Stir to combine, and cook, stirring occasionally, for 1 minute.
- Serve hot, or at room temperature.



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