

CHICKEN & EDAMAME OVER QUINOA

INGREDIENTS

- 2 C Vegetable broth
- 1 C Quinoa (coarse)
- Dash Salt
- Garlic Salt (to taste)

- 2 T Healthy oil
- 2 cloves Garlic (minced)
- 1 T Ginger (finely chopped)
- 1 Onion (large) (chopped)
- 1 T Lemon Grass **OR** Lemon Zest
- 1 lb Chicken Breast (Boneless) (Skinless) (cut into bite-size pieces)
- 1 pkg Edamame (frozen) (shelled)
- 1 Red pepper (chopped)
- 1 Yellow pepper (small) (chopped)
- 1/4 C Tamari low sodium sauce
- 1/4 C Sesame oil
- 2 T Corn Starch **OR** potato starch
- Non-stick cooking spray



DIRECTIONS

- 1 Place water & salt in a 3 qt pot & bring to a boil
- 2 Add quinoa, cover the pot & reduce temperature to low
- 3 Cook for approximately 20 minutes **OR** until all the liquid has evaporated & the quinoa is soft
- 4 Season the quinoa with the garlic salt
- 5 Spray a large saute pan with non-stick cooking spray & place on a burner on medium heat
- 6 Add ginger, garlic & lemon grass to the pan & cook for 3 minutes
- 7 Add peppers & onions & cook for another 3 minutes
- 8 Add chicken & brown for 3 minutes
- 9 In a separate small bowl mix the tamari, sesame oil & corn starch
- 10 Add the sauce & the defrosted edamamae to the pan
- 11 Cook together for 3-4 minutes & then serve over quinoa

NOTE

You can substitute bulgar, freekah, brown rice or another grain of your choice instead of the quinoa

