



CHICKEN QUINOA THAI GINGER STIR FRY

STIR FRY INGREDIENTS:

1 cup uncooked quinoa, any color
1 tsp. good olive oil
2 cups chicken or vegetable broth
1-2 Tbs good olive oil
1/2 red onion, thinly sliced
2-3 cloves garlic, crushed
1 cup shredded brussels sprouts
1 cup shredded purple cabbage
1 cup shredded carrots
1 1/2 - 2 cups cooked chicken breast (or chicken thighs if you prefer dark meat)
1/2 - 1 cup Thai Ginger Sauce, recipe below
1/2 cup sliced toasted almonds

DIRECTIONS:

Place quinoa and 1 tsp olive oil into the pressure cooker pot set on browning and cook, stirring often, for 2-3 minutes to toast quinoa; add broth and cover pressure cooker. Select high pressure and set timer for 3 minutes. When timer goes off, use natural release for 10 minutes, then release pressure manually and remove lid of pressure cooker.

To cook quinoa in a sauce pan, bring broth to a low boil over medium high heat and stir in quinoa; reduce heat and cover saucepan; simmer for 15-20 minutes or until tender. Fluff quinoa with a fork.

Meanwhile, heat 1-2 Tbs. olive oil in a large skillet over medium heat; add red onion slices and cook 2-3 minutes until softened; stir in garlic and allow to cook an additional minute.

Stir in Brussels sprouts, cabbage, and carrots to skillet and cook until wilted, stirring often.

Add chicken and prepared quinoa to skillet, then stir in desired amount of Thai Ginger Sauce. Garnish with almonds and serve.

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THAI GINGER SAUCE:

2 Tbs. granulated sugar

2 Tbs. soy sauce

2 Tbs. cider vinegar

¼ tsp. red pepper flakes

5 Tbs. Fine Vines Thai ginger Ketchup

In a small saucepan, heat sugar, soy sauce, vinegar and red pepper flakes until sugar is fully dissolved. Stir in ketchup and cool. Sauce will thicken as it cools.

**Now You're Cookin',
Chef Alli**

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