

## QUINOA CHICKEN FRIED RICE

**Servings: 4-6 servings**

### **Ingredients:**

**1 T olive oil**

**2 eggs**

**1 diced chicken breast**

**1 tsp. sesame oil**

**1 stalk green onions, chopped**

**1 clove garlic, finely minced**

**1 tsp. grated fresh ginger**

**½ cup frozen peas**

**2 cups cooked, chilled quinoa (about ½ cup raw)**

**1 ½ tsp. reduced salt soy sauce**

**1 tsp. fish sauce**

**freshly ground pepper**

### **Procedure**

- 1. Heat a wok or large sauté pan over high heat. When hot, swirl in the oil. Add in the eggs and scramble for 15 seconds. Once the eggs have just set, remove the eggs to a clean plate or bowl.**
- 2. Return wok to stove. Add in the chicken breast and cook until no longer pink, and put to the side.**
- 3. Reduce heat to medium. Add sesame oil and more olive oil if necessary. Add in green onion, ginger and garlic. Stir fry about 30 seconds until fragrant. Mix in the chicken.**
- 4. Add in the cooked eggs, frozen peas and quinoa. Toss and stir fry for 2 minutes, spreading everything out over the surface of the wok.**

**5. Pour in soy sauce, fish sauce and add in the black pepper. Toss again and stir fry for an additional minutes. Taste and add in additional soy sauce or fish sauce if needed.**  
**\*Recipe adapted from Steamy Kitchen, Inc.**

