



# Chicken Quinoa Fried Rice

**SERVINGS:**

4

**TOTAL TIME:**

35 minutes

## INGREDIENTS:

- 1 teaspoon peanut oil plus 2 tablespoons, divided
- 2 large eggs, beaten
- 3 scallions, thinly sliced
- 2 teaspoons grated fresh ginger
- 2 teaspoons minced garlic
- 1 pound boneless, skinless chicken thighs, trimmed and cut into ½-inch pieces
- ½ cup diced red bell pepper
- ½ cup diced carrot
- ½ cup peas, fresh or frozen (thawed)
- 2 cups cold cooked quinoa
- 3 tablespoons reduced-sodium tamari or soy sauce
- 1 teaspoon toasted (dark) sesame oil (optional)

## NOTES:

Regular fried rice gets a protein boost when rice is swapped for quinoa in this healthy dinner recipe. Feel free to use any vegetables you have on hand-broccoli, green beans and mushrooms are all good options.

## DIRECTIONS:

1. Heat 1 teaspoon oil in a large flat-bottom carbon-steel wok or large heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into ½-inch pieces.
2. Add 1 tablespoon oil to the pan along with scallions, ginger and garlic; cook, stirring, until the scallions have softened, about 30 seconds. Add chicken and cook, stirring, for 1 minute. Add bell pepper, carrot and peas; cook, stirring, until just tender, 2 to 4 minutes. Transfer everything to a large plate.
3. Add the remaining 1 tablespoon oil to the pan; add quinoa and stir until hot, 1 to 2 minutes. As you stir, pull the quinoa from the bottom to the top so it all gets coated with oil and evenly cooked.
4. Return the chicken, vegetables and eggs to the pan. Add tamari (or soy sauce) and stir until well combined. Serve drizzled with sesame oil (if using).



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