



# Easy Weeknight Stir-Fry

## Ingredients

- 1 cup quinoa
- 2 cups + 1 cup vegetable broth
- ¼ teaspoon Kosher salt
- 2 teaspoons + 1 tablespoon vegetable oil
- 1 pound chicken breasts, patted dry and sliced thin
- 2 cups shredded carrots
- 3 cups broccoli florets
- 1 orange or red bell pepper, seeded, stemmed, and sliced thin
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon minced, peeled ginger
- 2 teaspoons honey
- 1 tablespoon cornstarch
- 3 tablespoons rice vinegar

## Instructions

1. To cook the quinoa: In a medium pot, combine the quinoa, 2 cups vegetable broth, and salt. Set the pot over medium-high heat and bring to a boil. Reduce heat and simmer, stirring occasionally, until cooked and all of the liquid is absorbed, about 15-20 minutes.
2. While the quinoa is cooking, prepare the stir-fry. Set a non-stick wok, cast-iron, or deep-sided pan over medium-high heat. Add 1 teaspoon of the vegetable oil. Once hot, add half of the chicken. Cook, stirring frequently, until no longer pink, about 5 minutes. Remove chicken from the pan and keep warm. Add another teaspoon of vegetable oil and cook the remaining chicken. Remove from the pan and combine with other cooked chicken and keep warm.
3. Add the remaining vegetable oil to the pan. Add the carrots, broccoli, and red bell pepper and cook until vegetables are slightly softened but still crunchy, about 3-4 minutes. Whisk together the remaining vegetable broth, soy sauce, ginger, honey, corn starch and vinegar; add to the pan and bring to a boil, cooking until thickened, about 1 minute.
4. Add the cooked chicken back to the pan and cook an additional 1-2 minutes. (Note: Chicken is done when internal temperature reaches 165°F.) Season with salt to taste.
5. To serve, portion ½ cup quinoa on each plate and top with 1 cup stir fry mixture. Serve with optional sides such as crushed red peppers, thinly sliced scallions, or toasted sesame seeds.