

# Recipe

Food Rx

## Sesame Chicken Stir-Fry

Serving: 1

One 4-5 oz. boneless skinless chicken breast

1 tablespoon toasted sesame oil

2 tablespoons chopped red onion

1/2 tablespoon minced garlic

1 teaspoon grated ginger

Pinch of crushed red pepper flakes

1 teaspoon minced cilantro or parsley

1/2 cup chopped cauliflower

1/2 cup chopped zucchini

1/2 cup chunked green cabbage

Pinch salt

Pinch black pepper

1 tablespoon toasted sesame seeds

1/2 cup cooked quinoa, warm

1. Cut chicken into 1-inch pieces and set aside.
2. Preheat a medium to large skillet and add 2 tablespoons sesame oil.
3. Sauté the onion for 5-7 minutes, until soft. Add the garlic and ginger, and sauté for another minute until fragrant.
4. Add the chicken, the red pepper flakes, and cilantro or parsley to the skillet.
5. Brown the chicken for a few minutes. Add broccoli and cook for 2 minutes.
6. Add zucchini and cabbage, and stir-fry until vegetables are desired tenderness (should have a slight crunch to maintain the most nutrients.) \* If needed, add another teaspoon of sesame oil
7. Add salt and pepper to taste. Sprinkle with the toasted sesame seeds and serve over cooked quinoa