

# Healthy Sweet and Sour Chicken over Quinoa

1/2 cup Quinoa

1 cup water

1 tablespoon honey

1 teaspoon chili oil

2 tablespoons rice wine vinegar

1 tablespoon soy sauce

1 teaspoon fresh grated ginger

½ cup orange juice

1/2 tablespoon cornstarch

2 teaspoons vegetable oil

1 chicken thigh (cut into small pieces)

1/3 red + 1/3 yellow pepper seeded and cut into small thin strips

1 green onions cut into thin pieces (save 1/2 green onion for topping)

1/2 cup peas

¼ cup chopped peanuts (optional)

1. Place Quinoa and water in a small saucepan over medium/high heat until it boils. When it boils, reduce to a medium/low place on the lid and let simmer for 15 min.
2. Cut up all vegetables and chicken according to directions.
3. In a small bowl Whisk together honey, chili oil, vinegar, soy sauce, orange juice, ginger and corn starch and set aside.
4. Coat chicken with one teaspoon of oil and heat up wok over high heat. Cook chicken stirring frequently with a wooden spoon until no pink remains in the center of the biggest piece of chicken. When chicken is done, remove to a plate for later.
5. Heat remaining oil in the wok and cook your vegetables until tender, stirring constantly to keep from burning. (About 4 minutes) Stir in reserved chicken and whisk the sauce again before adding.
6. Simmer sauce, chicken and vegetables for several minutes stirring often until sauce has thickened.
7. Serve over cooked Quinoa, sprinkled with chopped green onions and peanuts.