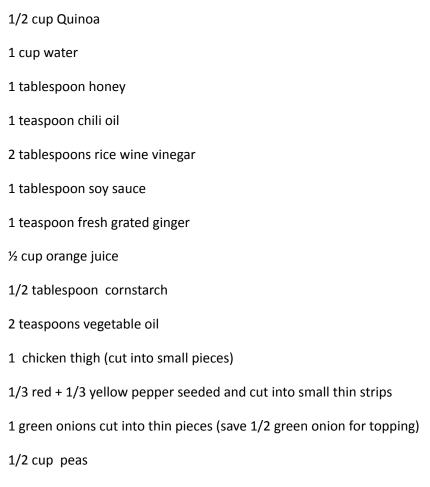
## Healthy Sweet and Sour Chicken over Quinoa



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.