

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## **Garlic Chicken Stir Fry**

*Serves 4*

### **Ingredients:**

- 1 c quinoa (dry)
- 2 c chicken broth or water
- 3 Tbsp coconut oil
- 1 ½ lbs chicken, cut up in 1 inch cubes (use from crockpot chicken recipe)
- 2 medium onions, thinly sliced
- 4 cloves garlic, minced
- 2 different colors bell peppers, chopped
- 20 leaves fresh basil, chopped finely OR 2 Tbsp dried basil
- Sea salt and pepper to taste

### **Directions:**

- Rinse quinoa through a mesh strainer and put in saucepan. Add chicken stock. Bring to a boil then simmer and cover for 10-15 minutes or until stock is absorbed.
- Heat large skillet or wok to a medium heat with oil.
- Place cubed chicken, sliced onion and minced garlic in skillet until chicken is cooked through.
- Add peppers (and/or other choice of veggies) and cook 4-6 minutes or just until limp, but still brightly colored.
- Add sea salt and ground pepper.
- Add cooked quinoa into skillet and remove from heat.
- Add basil and stir until wilted.