

THAI CHICKEN QUINOA BOWL

YIELD: 4 servings

RECIPE COST: \$11.30

COST PER SERVING: \$2.83

PREP TIME: 15 minutes

TOTAL TIME: 40 minutes

INGREDIENTS:

- 1 cup uncooked quinoa
 - 2 cups low-sodium chicken stock
 - 1 pound boneless skinless chicken breast, cooked and shredded***
 - 2 cups broccoli florets
 - ¼ cup chopped carrots
 - ⅓ cup frozen shelled edamame
 - 2/3 cup chopped green onions
 - 1 tablespoon olive oil
 - ½ cup roasted peanuts, chopped
 - ½ cup chopped fresh cilantro, optional
- Sauce:**
- ¼ cup sweet chili sauce
 - 2 tablespoons rice vinegar
 - 2 tablespoons canned lite coconut milk
 - 1 tablespoon brown sugar
 - 2 teaspoons creamy peanut butter
 - 1 teaspoon minced garlic (2 cloves, minced)
 - Juice of ½ a lime
 - ¼ teaspoon ground ginger

DIRECTIONS:

1. Prepare chicken***
2. Place the uncooked quinoa and chicken stock in a small pot and bring to a boil. Lower to a simmer, cover, and cook for 15 minutes until all liquid has been absorbed. Turn off the heat and let the quinoa rest, covered, for 10 minutes before fluffing it with a fork.
3. While the quinoa is cooking and resting, rinse, chop, and measure the vegetables. Sauté in a large frying pan with olive oil, stirring occasionally, for 5-10 minutes until golden and just tender.
4. Transfer the cooked quinoa to a large bowl and add the shredded chicken and sautéed vegetables.
5. Whisk together the sauce ingredients in a medium bowl and pour over the quinoa mixture. Use a spatula or large mixing spoon to combine.
6. Divide into bowls and top with a sprinkling of chopped peanuts and fresh cilantro.

SPECIAL DIET INFORMATION: GLUTEN FREE, DAIRY FREE, TREE NUT FREE, *CONTAINS PEANUTS

*** See "Time- and Budget-Saving Tips & Tricks" handout for **Simply Shredded Chicken** recipe, plus alternatives such as purchasing a pre-cooked rotisserie chicken.

GROCERY LIST:

Produce/Frozen

- 1 lb broccoli crowns
- 1 package carrots
- 1 package frozen edamame
- 1 bunch green onions
- 1 bunch of cilantro
- 1 lime
- 1 head of garlic or a jar of minced
- 1 lb of boneless chicken breasts or 1 pre-cooked rotisserie

Canned Goods/Boxes

- 1 small package of quinoa
- 1 quart of low-sodium chicken stock or broth
- 1 can of lite coconut milk
- roasted peanuts, unsalted

Spices/Dressings/Oils

- bottle of sweet chili sauce
- bottle of rice vinegar
- bottle of olive oil or canola oil
- small package of brown sugar
- small container of ground ginger

THAI TOFU QUINOA BOWL (Vegetarian version)

YIELD: 4 servings

RECIPE COST: \$11.30

COST PER SERVING: \$2.83

PREP TIME: 15 minutes

TOTAL TIME: 40 minutes

INGREDIENTS:

1 cup uncooked quinoa
2 cups low-sodium vegetable broth
1 14-oz package of extra firm tofu
2 cups broccoli florets
¾ cup chopped carrots
⅓ cup frozen shelled edamame
2/3 cup chopped green onions
1 tablespoon olive oil
½ cup roasted peanuts, chopped
½ cup chopped fresh cilantro

Sauce:

¼ cup sweet chili sauce
2 tablespoons rice vinegar
2 tablespoons canned lite coconut milk
1 tablespoon brown sugar
2 teaspoons creamy peanut butter
1 teaspoon minced garlic (2 cloves, minced)
Juice of ½ a lime
¼ teaspoon ground ginger

DIRECTIONS:

1. Place the uncooked quinoa and vegetable stock in a small pot and bring to a boil. Lower to a simmer, cover, and cook for 15 minutes until all liquid has been absorbed. Turn off the heat and let the quinoa rest, covered, for 10 minutes before fluffing it with a fork.
2. While the quinoa is cooking and resting, rinse, chop, and measure the vegetables. Sauté in a large frying pan with olive oil, stirring occasionally, for 5-10 minutes until golden and just tender.
3. Transfer the cooked quinoa to a large bowl and add the sautéed vegetables.
4. Take the tofu out of its package and press with paper towels to remove any excess moisture. Cut into 1-inch cubes and add to the bowl with the quinoa mixture.
5. Whisk together the sauce ingredients in a medium bowl and pour over the quinoa mixture. Use a spatula or large mixing spoon to combine.
6. Divide into bowls and top with a sprinkling of chopped peanuts and fresh cilantro.

GROCERY LIST:

Produce/Frozen

- 1 lb broccoli crowns
- 1 package carrots
- 1 package frozen edamame
- 1 bunch green onions
- 1 bunch of cilantro
- 1 lime
- 1 head of garlic or a jar of minced
- 1 package of extra-firm tofu

Canned Goods/Boxes

- 1 small package of quinoa
- 1 quart of low-sodium vegetable stock or broth
- 1 can of lite coconut milk
- roasted peanuts, unsalted

Spices/Dressings/Oils

- bottle of sweet chili sauce
- bottle of rice vinegar
- bottle of olive oil or canola oil
- small package of brown sugar
- small container of ground ginger

SPECIAL DIET INFORMATION: GLUTEN FREE, DAIRY FREE, VEGAN, TREE NUT FREE, *CONTAINS PEANUTS

WINTER FRUIT SALAD

YIELD: 7-8 servings (approximately 1 cup)

RECIPE COST: \$8.63

COST PER SERVING: \$1.44

PREP TIME: 10 minutes

TOTAL TIME: 10 minutes

INGREDIENTS:

Fruit salad***

2 bananas, sliced (about 1 ½ cups)

3 kiwis, peeled and sliced (about 1 ½ cups)

1 container strawberries, sliced or quartered (about 3 cups)

1/2 cantaloupe, peeled and cubed (about 2 cups)

Dressing

3 tablespoons honey

3 tablespoons lime juice

grated lime zest of 1 lime***

DIRECTIONS:

Combine all fruit in a bowl and set aside. Whisk the honey, lime juice, and zest in a small bowl until well combined. Pour over the fruit and gently toss with a spoon to mix. Refrigerate until eating.

SPECIAL DIET INFORMATION: GLUTEN FREE, DAIRY FREE, VEGETARIAN (**Vegan if honey is substituted with agave*), TREE NUT FREE, PEANUT FREE

*** *Fruit types can be easily adapted based on personal preferences.*

** *If making the Thai quinoa bowls, zest the lime from that recipe and use remaining juice.*

GROCERY LIST:

Produce/Frozen

- Frozen or fresh fruit of choice
- 1 lime

Spices/Dressings/Oils

- 1 small container of honey

TIME- AND BUDGET-FRIENDLY TIPS AND TRICKS FOR COOKING HEALTHY, BALANCED MEALS

SIMPLY SHREDDED CHICKEN

YIELD: 2 servings of chicken for Thai chicken quinoa bowl, double for full recipe above

PREP TIME: 5 minutes

TOTAL TIME: 15-20 minutes

INGREDIENTS:

1 large skinless, boneless chicken breast (about ½ pound)

½ c water or chicken stock

1 teaspoon olive oil

Salt and pepper to taste

DIRECTIONS:

1. Heat the olive oil over medium heat until hot and rippling.
2. Pat chicken breast dry with a clean paper towel and season with salt and pepper.
3. Place the chicken in the hot skillet and cook for 5 minutes until golden brown. Flip, add water or broth, cover, and let the chicken simmer gently over medium heat for 7-10 minutes until the chicken is cooked through. Using a meat thermometer, puncture the chicken breast in the thickest part and wait until it registers 165 degrees.
4. If the liquid evaporates too quickly, add more water in ¼ cup increments.
5. Remove the chicken, let cool slightly, and shred with a knife and fork. Extra chicken may be refrigerated for up to 3 days or frozen for up to 2 months.

<i>SUBSTITUTIONS</i>	
Simply Shredded Chicken recipe	<ul style="list-style-type: none"> • Store-bought rotisserie chicken, already cooked • Baked chicken from a previous meal, shredded
Fresh vegetables	<ul style="list-style-type: none"> • Any combination of chopped frozen vegetables, such as a mix of peppers+onions or broccoli+carrots+peas
Tofu (vegetarian version)	<ul style="list-style-type: none"> • Canned beans, any variety, drained and rinsed • Steamed or boiled lentils
Quinoa	<p>Gluten-free whole grains:</p> <ul style="list-style-type: none"> • Brown or wild rice • Buckwheat • Millet <p>Gluten-containing whole grains:</p> <ul style="list-style-type: none"> • Whole grain couscous • Barley <p>** Look for quick-cook varieties!</p>
Thai quinoa bowl sauce	<p>Other sauce recipes:</p> <ul style="list-style-type: none"> • 1/3 c vegetable oil, ¼ c rice wine vinegar, 1 tbsp honey/agave, 2 tsp soy sauce, ¼ tsp sesame oil • ¼ c tahini, 1 tbsp maple syrup, ½ lemon juiced, ¼ c warm water • ¼ c peanut butter, 2 tsp cider vinegar, 2 tsp sriracha/hot sauce, 2 tsp soy sauce, ¼ c warm water
Winter fruit salad ingredients	<ul style="list-style-type: none"> • Any mix of fresh fruit on sale • Frozen fruit mix, thawed in refrigerator

***DON'T FORGET TO HAVE A GOOD THERMOMETER ON HAND
WHEN COOKING MEAT, POULTRY, OR SEAFOOD!***

CATEGORY	FOOD	REST TIME BEFORE CHECKING TEMPERATURE	TEMPERATURE (°F)
Ground meat	Beef, pork, veal, lamb	None	160
	Turkey, chicken	None	165
Fresh beef, veal, lamb	Steaks, roasts, chops	3 minutes	145
Poultry (chicken, turkey, duck, goose)	Whole, breasts, roasts, thighs, wings, legs	None	165
Pork and ham	Fresh pork and raw ham	3 minutes	145

(*Adapted from <http://www.foodsafety.gov/keep/charts/mintemp.html>)

Where to purchase quality meat thermometers in Charlottesville:

- Average price range: \$5.25 - \$20.00
- Locations:
 - Kroger
 - Harris Teeter
 - Target
 - Walmart
 - CVS
 - Beth, Bath, & Beyond

