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
½ 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. Sautee 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.
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
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

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.

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

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
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
**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.

---

**SUBSTITUTIONS**

<table>
<thead>
<tr>
<th>Simply Shredded Chicken recipe</th>
<th>Store-bought rotisserie chicken, already cooked</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Baked chicken from a previous meal, shredded</td>
</tr>
<tr>
<td>Fresh vegetables</td>
<td>Any combination of chopped frozen vegetables, such as a mix of peppers+onions or broccoli+carrots+peas</td>
</tr>
<tr>
<td>Tofu (vegetarian version)</td>
<td>Canned beans, any variety, drained and rinsed</td>
</tr>
<tr>
<td></td>
<td>Steamed or boiled lentils</td>
</tr>
<tr>
<td>Quinoa</td>
<td>Gluten-free whole grains:</td>
</tr>
<tr>
<td></td>
<td>Brown or wild rice</td>
</tr>
<tr>
<td></td>
<td>Buckwheat</td>
</tr>
<tr>
<td></td>
<td>Millet</td>
</tr>
<tr>
<td></td>
<td>Gluten-containing whole grains:</td>
</tr>
<tr>
<td></td>
<td>Whole grain couscous</td>
</tr>
<tr>
<td></td>
<td>Barley</td>
</tr>
<tr>
<td><strong>Look for quick-cook varieties!</strong></td>
<td></td>
</tr>
<tr>
<td>Thai quinoa bowl sauce</td>
<td>Other sauce recipes:</td>
</tr>
<tr>
<td></td>
<td>1/3 c vegetable oil, ¼ c rice wine vinegar, 1 tbsp honey/agave, 2 tsp soy sauce, ¼ tsp sesame oil</td>
</tr>
<tr>
<td></td>
<td>¼ c tahini, 1 tbsp maple syrup, ½ lemon juiced, ¼ c warm water</td>
</tr>
<tr>
<td></td>
<td>¼ c peanut butter, 2 tsp cider vinegar, 2 tsp sriracha/hot sauce, 2 tsp soy sauce, ¼ c warm water</td>
</tr>
<tr>
<td>Winter fruit salad ingredients</td>
<td>Any mix of fresh fruit on sale</td>
</tr>
<tr>
<td></td>
<td>Frozen fruit mix, thawed in refrigerator</td>
</tr>
</tbody>
</table>
DON’T FORGET TO HAVE A GOOD THERMOMETER ON HAND WHEN COOKING MEAT, POULTRY, OR SEAFOOD!

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

(*Adapted from [http://www.foodsafety.gov/keep/charts/mintemp.html](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