



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

SEP 2016
Recipe 88

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Teriyaki Chicken Skewers over Lemony Quinoa.

PREPARATION

Prepare Skewers

- 1 - In a small bowl, whisk together cornstarch and 1/4 cup water; set aside.
- 2 - In a small saucepan over medium heat, add soy sauce, brown sugar, ginger, garlic powder, honey and 1 cup water; bring to a simmer. Stir in cornstarch mixture until thickened enough to coat the back of a spoon, about 2 minutes; let cool to room temperature.
- 3 - In a gallon size Ziploc bag or large bowl, combine teriyaki marinade and chicken; marinate for at least 30 minutes to over night, turning the bag occasionally.
- 4 - Preheat grill to medium high heat.
- 5 - Thread chicken onto skewers. Add skewers to the grill and cook until golden brown and cooked through, about 3-4 minutes per side. Serve immediately, garnished with sesame seeds.

Prepare Quinoa

- 1 - Rinse quinoa in a fine sieve until water runs clear, then drain and transfer to a medium pot. Add 1 cup water and bring to a boil. Cover, reduce heat to medium low and simmer until water is absorbed, 15 to 20 minutes.
- 2 - Set aside off the heat for 5 minutes; uncover and fluff with a fork. Stir in parsley, pine nuts, lemon zest and salt.

Teriyaki Chicken Skewers over Lemony Quinoa

Cooks Note: These savory sweet chicken skewers, served on a bed of fluffy, lemony quinoa with pine nuts and parsley, are easy to make and perfect for an end of summer celebration.

Bon Appetit
-George



(photo by Marc-Henri)

INGREDIENTS

For Skewers

- 1 tablespoon cornstarch
- 1/4 cup soy sauce
- 1/4 cup brown sugar, packed
- 1/2 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 2 tablespoons honey
- 1 1/2 pounds boneless, skinless, chicken breasts, cut into 1-inch chunks
- Sesame seeds (for garnish)

For Quinoa

- 1/2 cup quinoa
- 1/4 cup chopped fresh parsley leaves
- 2 tablespoons toasted pine nuts
- 1/4 teaspoon grated lemon zest
- 1/4 teaspoon fine sea salt

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