SESAME CHICKEN STIR-FRY

PHASE 3
Serves 6 to 8
1 to 1½ pounds organic skinless, boneless chicken breast
4 tablespoons toasted sesame oil
½ cup chopped red onion
2 tablespoons minced garlic
1 tablespoon grated ginger
¼ teaspoon crushed red pepper flakes
1 teaspoon minced cilantro or dried parsley
1½ cups chopped broccoli
1½ cups chopped zucchini
1½ cups shredded green cabbage
Sea salt
Freshly ground black pepper
¼ cup toasted sesame seeds
4 cups cooked quinoa, warm
Cut the chicken into 1-inch pieces and set aside. Preheat a large nonstick skillet and add 3 tablespoons of the sesame oil. Sauté the onion for 5 to 7 minutes, until soft. Add the garlic and ginger, and sauté for another minute, until fragrant.
Add the chicken, the red pepper flakes, and cilantro to the skillet. Brown the chicken in the oil for a few minutes. Add broccoli and cook for 2 minutes. Add the zucchini and cabbage, and stir-fry until vegetables are the p“desired tenderness. If needed, add another tablespoon of sesame oil.
Add sea salt and pepper to taste. Sprinkle with toasted sesame seeds and serve over cooked quinoa.”

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