

Chicken Strips a la Quinoa

Makes: 6 Servings

Ingredients

- 1 quart** quinoa
- 4 slices** whole wheat bread
- 6** chicken breasts (boneless & skinless)
- 1 tablespoon** garlic powder
- 2 teaspoons** paprika
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- 2 teaspoons** ground cumin
- 1 tablespoon** Low-sodium vegetable stock

Directions

1. Cook dry quinoa in an equal amount of water with low sodium vegetable stock until the quinoa is done. The grains will be slightly translucent and the tail should be showing.
2. Remove from heat and strain well, add the spices.
3. Spread the quinoa on sheet pans thinly and place into a 325°F oven. Every 5 minutes, stir with a spatula and continue to bake until completely dry. Remove from oven and allow to cool. Place dry quinoa and bread into a food processor and pulse a few times to break down the quinoa to a medium grains. Do not over blend. Store in an airtight container for up to 7 days.
4. Cut the boneless, skinless chicken breast into strips. Try to keep the chicken uniform in size.
5. Dredge the chicken in the quinoa/bread crumb mixture. Place on lined sheet pans.
6. CCP: Cook at 400°F to an internal temperature of 165°F for 15 seconds. (About 9-12 minutes) Portion 3 slices of the chicken breast on each serving dish.

7. CCP: Hold at 140°F or higher for hot service.