

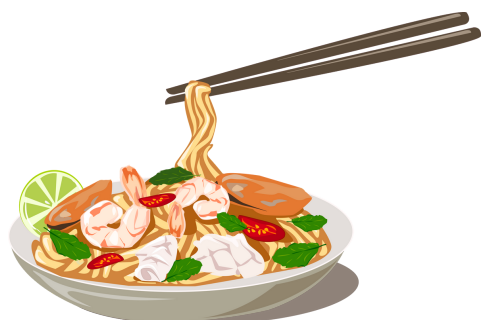
WEEKEND PASSPORT: ASIAN STYLE QUINOA MEDLEY



Discover the unique flavors and cooking styles from around the world with our Weekend Passport recipes! These recipes are a great way to introduce your child to new ingredients and expand their taste palette.

Exploring Asian Cuisine:

- Asia is home to almost 50 different countries, each who has their own distinct cuisine. While there are some commonalities, there are many differences based on location.
- In East and Southeast regions of Asia rice, ginger, garlic, sesame seeds, chilies, dried onions, soy, and tofu are popular. Common cooking methods include stir frying, steaming, and deep frying.
- In South, Southeast, and East Asia, curry is a very common dish.
- In the US, we often find Asian fusion-style recipes, where certain aspects of Asian recipes or ingredients are incorporated into American dishes.



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Ingredients:

- 1/2 cup uncooked quinoa
- 1 cup water
- 1 cup cucumber, cubed
- 1 cup red bell pepper, seeded and diced
- 2 green onions, thinly sliced
- 1/2 cup edamame
- 12 ounces cooked chicken, bone and skin removed
- 2 Tablespoons less sodium soy sauce
- 2 Tablespoons rice vinegar
- 1 teaspoon onion powder
- 2 teaspoons toasted sesame oil
- 1 clove garlic, grated
- 1/2 teaspoon ginger, grated

Directions:

- Combine the quinoa with water in a small saucepan. Bring to a boil, then reduce heat to a simmer and cover. Let simmer 15 minutes.
- As the quinoa cooks, add cucumber, bell pepper, green onions, and edamame to a medium bowl.
- Dice chicken into small pieces and add to the bowl as well.
- In a small bowl, combine soy sauce, rice vinegar, onion powder, sesame oil, garlic, and ginger. Mix well to combine.
- Once quinoa is cooked, fluff with a fork and then add to the medium bowl. Drizzle in just enough vinaigrette so that everything is coated and gently stir together.

