

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Thai Chicken Quesadillas

From www.howsweeteats.com

Makes 2 quesadillas

2 boneless, skinless chicken breast, cut into cubes

¼ tsp salt

¼ tsp pepper

¼ tsp cumin

1 ½ Tbsp olive oil

½ sweet onion, diced

2/3 cups shredded Napa cabbage

1/3 cup chopped carrots

1 garlic clove, minced

1/3 cup chopped peanuts (optional: If you don't want to include the peanuts, it will still be delicious!)

A big bunch of cilantro

1 cup freshly grated raw pepper jack cheese (I prefer to use raw cheese. I order in bulk from Azure Standard co-op, but you can also buy it at Whole Foods)

4 whole wheat, spelt, or sprouted grain tortillas

Sauce:

½ cup sweet chili sauce or mango chutney (You can find sweet chili sauce without corn syrup and Whole Foods, but otherwise it is hard to find, so I used a brand of mango chutney I found at Dierberg's. Stonewall Kitchen also makes a mango chutney without corn syrup, and I have found that locally at Kohl's.)

¼ cup rice vinegar

¼ cup canned coconut milk

3 Tbsp sucanat, or coconut (palm) sugar

3 garlic cloves, pressed or finely minced

1 Tbsp all natural creamy peanut butter (You could easily substitute almond butter or sun butter here)

1 tsp-sized knob of ginger, grated

1 lime, juiced

½ Tbsp organic soy sauce or coconut aminos (I prefer using coconut aminos because it is soy-free)

1. Combine chili sauce or chutney, vinegar, coconut milk, sugar, garlic, ginger, peanut butter, soy sauce and lime juice in a saucepan, whisking with a fork until combined. Heat over medium heat until mixture comes to a bubble, let boil for 1 minute then reduce to low and let simmer for another 2-3 minutes. Set aside and let cool.
2. Heat a large skillet over medium-high heat and add olive oil. Season chicken with salt, pepper and cumin, then add to the skillet and cook until browned on all sides, about 5-6 minutes. Remove chicken and set on a plate, then add remaining olive oil with onion, cabbage, carrots and garlic. Stir to coat and cook until slightly wilted but still crunchy, about 3-4 minutes. Remove and add to the plate with the chicken.
3. Using the same skillet, lay one tortilla down. To assemble the quesadillas, add a layer of cheese, half the chicken mixture, sprinkle with cilantro and peanuts, about 2-3 Tbsp of the Thai sauce, then cover with a bit more cheese. Place the second tortilla on top and cook until browned and crisp, and cheese is melted. Flip and cook until golden on the other side. Repeat with remaining quesadillas. Serve with the remaining sauce for dipping.