

## Rush Hour Recipes

Health Dynamics LLC

*Tina Marinaccio MS RD CPT*

www.tinamarinaccio.com

### Grilled Chicken and Edamame Stir Fry

#### **Simple Grilled Chicken with Sweet Potato, Portabella Mushroom, and Asparagus**

1 lb boneless skinless chicken

2 large sweet potatoes

4 portobello mushrooms

2 cloves garlic, chopped

1 bunch asparagus

1 lemon

2 tbsp olive oil

Salt

1 tsp Old Bay Seasoning

-Preheat grill to about 300 degrees

-Microwave sweet potato until cooked about half way, about 5 minutes and set aside to cool

-Marinate chicken in lemon juice, 1 tbsp olive oil, and pinch of sea salt

-With a spoon, gently scrape black gills from underside of portobello mushrooms, and discard

-Trim 1" off asparagus ends and wash

-Cut potato into large wedges

-Place all veggies on a plate, brush with remaining olive oil, sprinkle potatoes with Old Bay, and mushrooms and asparagus with sea salt, sprinkle chopped garlic over portobello mushrooms

-Cook chicken on grill, covered, flipping once, and remove when internal temperature reaches 165 degrees

-While chicken is grilling, roast potatoes cut side down, and mushrooms recessed side up on warming rack, or cooler spot on the grill if no warming rack is available

-When potatoes are crisped and browned, and mushrooms are soft, remove from grill, and turn heat down to low

-Roast asparagus with grill covered, until just heated through, about 5 minutes or less

-Divide all among four plates and serve

## Rush Hour Recipes

Health Dynamics LLC

*Tina Marinaccio MS RD CPT*

www.tinamarinaccio.com

### Grilled Chicken and Edamame Stir Fry

#### **Lightning Fast Edamame Veggie Stir Fry over Quinoa**

You can substitute a fresh pre-cut stir fry mix offered by your supermarket for the broccoli in this recipe. Frozen veggies are not recommended. You can substitute tofu or meat for the edamame. Make sure you follow recommended temperature guidelines for meat protein sources.

#### Ingredients:

- 4 cups cooked quinoa\*
- 2 tbsp vegetable oil
- 1 large sweet onion, peeled and sliced
- 4 cloves fresh garlic
- 10oz sliced shitake mushrooms
- 1 lb broccoli florets
- 8oz bag frozen shelled edamame, thawed
- 1/2 tsp pickled chili or spicy chili sauce such as Sriracha
- 1 tbsp tamari or soy sauce
- 1 tbsp hoisin sauce
- 1/2 cup rice wine or white wine

- In a skillet, over medium heat, sauté onions, garlic, and mushrooms in vegetable oil until mushrooms wilt, about 5 minutes
- Add broccoli and edamame, and sauté until broccoli turns bright green, but it still crisp, about 5 minutes
- Add chili, tamari, hoisin, and wine, and toss to combine
- Serve over quinoa

\*Quinoa is a great mid-week grain because it cooks up in a flash. Leftover quinoa can be used the next day for a breakfast porridge - just heat with fruit and top with chopped nuts.