

# Kentucky Farm to School Junior Chef



## Quinoa Stuffed Rolled Chicken Thighs

*Whitley County Alimentire Des Arts – Whitley County High School*

### **Ingredients:**

¾ Cup	Dried Quinoa	4 Tbsp.	Red Wine Vinegar
1 ½ Cup	Vegetable broth	<b>2 Tbsp.</b>	<b>Honey</b>
¾ Cup	Dried Cranberries	1 tsp.	Siracha Chili Sauce
<b>1/3 Cup</b>	<b>Diced Red Onion</b>	<b>1 Tbsp.</b>	<b>Minced Cilantro</b>
<b>6</b>	<b>Chicken Thighs (bone in, skin on)</b>	<b>¼ Cup</b>	<b>Roast, Unsalted Sunflower Seeds</b>
	<b>Dried or Fresh Marjoram; to taste</b>	1 Tbsp.	Grapeseed Oil
<b>2 Tbsp.</b>	<b>Minced Garlic</b>	<b>6 Cup</b>	<b>Spinach and various baby greens</b>
	<b>Dried or Fresh chives, to taste</b>	<b>1/2 Cup</b>	<b>Diced Firm, Red-Skinned, Sweet Apple (such as Fuji, Gala, Macintosh, etc.)</b>
½ tsp, scant	Sea Salt	<b>½ Cup</b>	<b>Green seedless grapes</b>
	Course Ground Black Pepper, to taste		

## **Directions:**

Preheat oven to 400 ° F.

### Quinoa Stuffing:

Boil quinoa in vegetable broth until done (if necessary, strain) and add to medium sized bowl. Meanwhile, roast garlic in grapeseed oil; once garlic is aromatic add red onion and ¼ cup of dried cranberries; add marjoram, chives, and pepper as needed with the roasted ingredients are nearly finished. Once finished, drain to remove oil, if necessary, and add to quinoa. Add 1 Tbsp. of Red Wine Vinegar to stuffing mixture. Adjust to taste.

### Rolled Chicken Thighs:

Remove the bones from each thigh (keep skin on) and pound flat. On the skin side of the thigh, season with course ground pepper and salt. Flip over. Coat non-skinned side with quinoa stuffing and tightly roll the thigh. Use silicon ties, twine, or skewer to keep the form of the roll. Sear in saucepan until skin is golden and crispy. Place on a baking sheet and place in the oven for 10 minutes. Remove thighs from the oven and drizzle with honey. Return to oven for an additional 10-15 minutes. Once internal temperature of meat is 165 ° F and holds for 15 seconds, remove from oven, allow to rest, remove silicon ties, and cut on a bias into 5 pieces per thigh.

### Cranberry Apple Salad Bed:

After washing spinach leaves, remove stems and ad to large mixing bowl. Drizzle lightly with Red Wine Vinegar. Add sunflower seeds and season with a pinch of pepper. Add diced apples and up to ½ cup dried cranberries. Mix to distribute.

### Red Wine Vinegar Dressing:

Mix equal amounts of Red Wine Vinegar and Honey in a small sauce bowl. Add sriracha chili sauce (about ½ tsp) to taste to the mixture and mix in.

### Plating:

Place bed of salad on a plate. Arrange chicken on the salad and drizzle dressing evenly.

### Rational:

Some students are very savvy of a variety of food options. For those who do not have this background we seek to expand their food palate, regardless of age. This recipe can easily be adjusted to age. We anticipate that amount of sriracha sauce used would be milder for younger students and stronger for the high school demographic. Chicken thighs are an inexpensive and flavorful chicken option that is often overlooked. While it has more fat than breast, overall the extra amount is small. The small amount additional fat in the thigh is addressed through using very little fat in the rest of the recipe. The quinoa is a nice addition to expand youth's food options and is a whole grain. The sriracha sauce provides flavor but adds little to no sodium, carbohydrates or fat. The added flavor gives the opportunity for additional sodium elsewhere. The natural crunch, color and sweetness of the honeyed chicken along with the flavorful dressing and crunch from the salad provides a wide variety of colors and textures for the senses and palate. The addition of the sunflower seeds adds a natural plant sourced protein that allowable in the public school setting.

### Adjustment to the Cafeteria Setting:

The stuffing would be created the same with added chicken broth or change the entire recipe entirely to chicken broth. We would anticipate that schools would choose either a whole thigh or the seasoned cubed chicken, either drizzled with honey. On the serving line chicken would be served on the quinoa and the salad would be served separately with a option f the regular dressings along with the sriracha flavored dressing.

Total Calories: 361; Total Fat: 10.5g; Saturated Fat: 2g (5% of total calories); Protein: 26g; Sodium: 167mg; Fiber: 5g