

THE CULINARY

Playground



Honey Garlic Chicken Thighs

4-6 boneless skinless, chicken thighs
3 T flour
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup honey
2 T soy sauce
2 garlic cloves, minced

Preheat oven to 375.

In a ziplock bag, add flour, salt and pepper and shake to combine.
Add chicken and shake to coat.

Shake off excess flour and place pieces in a greased baking dish, keeping them in the shape they were packaged in (tucked), making sure not to lay them flat.

In a small bowl, mix the honey, soy sauce and garlic.
Pour evenly over the chicken.
Cover and bake 30 minutes.

Uncover, baste and bake 7 more minutes. Baste again and bake an additional 7 minutes.

Serve with rice and steamed veggies drizzled with remaining sauce.

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Veggie Stir-fry with Orange Ginger Glaze

Serves 2

Glaze:

- 1/4 cup orange juice
- 1/2 tablespoon cornstarch
- 1 tablespoon cider vinegar
- 1/2 tablespoon soy sauce
- 1/2 tablespoon brown sugar
- 1/2 - 1 teaspoon fresh minced ginger
- 1/2 teaspoon sesame oil

Add orange juice and cornstarch to liquid measuring cup with a spout. Whisk until cornstarch is dissolved. Mixture will be cloudy. Add remaining ingredients and whisk together.

Veggies:

- 1 tablespoon canola oil
- 1/4 of a red onion cut into large square pieces
- 1 medium carrot, peeled and sliced 1/4 inch thick on diagonal
- 1 cup cauliflower florets
- 1 cup broccoli florets
- 1/2 zucchini, rough chopped
- 1/2 yellow squash, rough chopped
- 1/2 bell pepper, cut into 1 inch squares

Prepare all ingredients as instructed. Place a skillet over medium heat and when warm add oil and swirl to coat pan. Turn heat to medium high and add onion and pinch of salt, stir fry for 1 minute. Add carrots, cauliflower, broccoli. Keep the vegetables moving and stir fry for about 4 minutes until broccoli turns bright green. Add another pinch of salt and the zucchini, yellow squash and pepper and cook for another 2 minutes.

Give the glaze a another whisk and quickly pour over vegetables cooking and stirring for a minute or so until the glaze coats veggies and thickens. Serve immediately over rice or noodles.