



Crispy Chicken

featuring Quinoa

Oven Baked Chicken Breast

10 ea Chicken breast, skinless, boneless

7½ oz. Quinoa Panko breading
Cooking spray

Preheat oven to 400 degrees F. Spray baking sheet with cooking spray. Lightly coat each chicken breast with 1 tbsp. quinoa breading and bake for 10 minutes or internal temperature reaches 165 degrees F.

Quinoa Panko Breading

¾ tsp. Salt

4½ oz. Quinoa, dry

16 oz. Water

¾ tsp. Ground paprika

1¼ tsp. Granulated garlic

1¼ tsp. Onion powder

½ tsp. Ground cumin

2 tsp. Vegetable base, low sodium

2¼ oz. Panko breadcrumbs

Rinse quinoa through a chinois 3 times. Dissolve vegetable base into water to make stock, and bring to boil. Stir in quinoa. Reduce to simmer; cover and cook for 25-30 min. Remove from heat and strain well. Add spices, salt and panko bread crumbs.

Spread quinoa/panko mix on sheet pan and place into 325 degree F oven. Stir every 5 min. with spatula and continue to bake until completely dry. Remove from oven and allow to cool.

Place dry mix in robot coupe and pulse a few times to break down quinoa to a medium grind. Store in airtight container for up to 7 days.