



# On-line Cooking Demo: Preparation Instructions

## ASIAN CHILI LIME CHICKEN

Serves: 4

<p><b><u>Produce:</u></b></p> <p>4 limes Jalapeno pepper Fresh parsley</p> <p><b><u>Pantry:</u></b></p> <p>Kosher salt Freshly ground black pepper Avocado oil (Chosen Foods) Hoisin sauce (homemade recipe will be provided) Oyster sauce (homemade recipe will be provided) Low sodium tamari Sweet red chili sauce (I use Thai Kitchen) – (homemade recipe will be provided) Brown sugar Garlic powder</p> <p><b><u>Protein:</u></b></p> <p>8-10 chicken thighs, bone in, skin on</p>	<p><b><u>Equipment:</u></b></p> <p>Frying pan (preferably cast iron) Oven proof casserole dish Aluminum foil Medium bowl Cutting board Dry and wet measuring cups/spoons Knife Tongs</p>
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### CRISPY QUINOA SPINACH SALAD

Serves: 4

#### **Produce:**

5 oz container baby spinach  
Small red onion  
Pomegranate

#### **Pantry:**

Quinoa  
Olive oil  
Sliced almonds  
Red wine vinegar  
Honey  
Dijon mustard  
Kosher salt  
Freshly ground black pepper

#### **Protein:**

$\frac{3}{4}$  cup crumbled feta cheese (ex. Krinos goat feta  
or Costco Kirkland cow/goat feta) – optional

#### **Equipment:**

Medium saucepan with lid  
Fork  
Medium frying pan  
Spatula  
Paper towel  
Large serving bowl  
Small bowl or jar with lid  
Small whisk  
Wet and dry measuring cups/spoons  
Cutting board  
Knife