



Healthy Stir-fry Chicken with Cashews (Serves 6)

2 pcs chicken breasts (set aside bones for stock)	¼ cup Marca Leon Corn Oil
2 tbsp low sodium soy sauce	1 cup carrots (diced)
1 tsp Sorel 100% Organic Coconut Sugar	1 cup celery (diced)
2 tbsp cornstarch	1 cup onions (diced)
1 tbsp rice wine	1 cup green peas (boiled and drained)
2 cups chicken stock (boil breast bones to make at least 2 cups stock)	1 cup roasted cashew nuts
	1 ½ tsp sesame oil
	12 pcs quail eggs (boiled, peeled)

Boil breast bones to make at least 2 cups of stock. Set aside. Mix soy sauce, sugar, rice wine, and cornstarch to make the marinade. Pound chicken breasts lightly to flatten. Slice them into 2-inch squares and marinate for an hour. In a non-stick pan, heat 1 tbsp of Marca Leon Corn Oil. Stir fry carrots, celery, and onions until half-cooked. Set aside. In another pan, heat the remaining oil and fry the chicken cubes until golden brown. Add the chicken stock. Cover and let it simmer for 3 minutes. Marca Leon Corn Oil has that characteristic golden yellow color from all that beta-carotene, which changes into Vitamin A when absorbed in the body. Vitamin A is essential for good vision and eye health, a strong immune system and healthy skin. Stir-in the half-cooked vegetables and bring to a boil. Cover and simmer for 2 more minutes. Remove from heat and stir in the sesame oil. Transfer to a serving dish and top with cashews. Garnish with quail eggs and enjoy this great, healthy meal!

DID YOU KNOW?

Sesame Oil is a very aromatic oil—good for flavoring Asian dishes— but if you add too much of it when cooking, it ends up overpowering your dish, leaving it with a not-so-good aftertaste.