

# Chicken with Long Rice

*From the kitchen of Ayanna Quamina, N.D.*

Serves 8



## INGREDIENTS

- 3 pounds chicken leg quarters
- 3 (32 ounce) cartons low-sodium chicken broth (or homemade!)
- 1 (1/2 inch) piece fresh ginger root, sliced and julienned
- 1 large sweet onion, cubed
- 1 (8 ounce) package uncooked rice bean thread noodles
- 1 bunch green onions, thinly sliced

## DIRECTIONS

1. Place chicken broth, chicken, and ginger together into a large pot. Bring to a boil over high heat, then reduce to medium-low. Simmer until the chicken is tender and no longer pink, about 35 minutes. Skim the chicken solids as it cooks off.
2. Place the bean thread noodles into the broth and simmer until softened, about 10-15 minutes.
3. Meanwhile, take each piece of chicken, remove the skin and bones and discard. Roughly chop the remaining chicken meat and place back into the broth.
4. Scoop out the chicken, noodles and broth mixture into each bowl, and sprinkle a few green onion slices on top.
5. Enjoy!