

Do you love great food? I mean really wonderful, worth making, everyone loves it great food? I do ... Now don't get me wrong, I'm not one of those who loves to spend my life in a kitchen - HA - no far from it. I want simple, quick, and fabulous. It can be achieved! Come with me on the wonderful journey .... you won't be sorry.

This month I'm giving you a fabulous recipe for something to spice things up a little. Don't be fooled by the ingredients. There is a big difference between spicy and hot. This dish is full of umami and is easy to make with just a few key ingredients. When you are chopping everything up, it will look like you have too much flavor to add, keep going and trust me.

Have you seen those beautiful bottles of Kimchi in the cooler section of your grocery store and wondered what you could make with it? Read the latest articles on health and seen that fermented vegetables are SUPER good for you and pondered how you could incorporate some of those? Want to make another dish this month that when you take a bite of it that it makes you smile? This is the dish for you - comes out beautiful, full of fabulous flavor, it's quick, easy and really healthy. The amounts below will serve two people with a little bit left over for lunch the next day. It also doubles really easily. I buy my Kimchi from Trader Joes when I can, but most grocery stores are carrying it now, as well as all the health food stores.



Before I get started, I get all the ingredients out and do all my mincing, dicing and slicing (and getting the rest of the fat off the chicken thighs, you don't want any of that left on them) so that when I'm ready to add something to the pan I'm ready to go. You'll need 1 tbsp olive oil, 4 garlic cloves, minced (more if you love garlic like I do), 1/2 medium onion, diced, 2 thumb-size piece of ginger, peeled and minced, 1 jalapeno, thinly sliced (don't leave this out remember not all jalapeno are hot and the flavor here is needed), 6 boneless, skinless chicken thighs, 2 cup store-bought kimchi (basically a 16 oz jar - I just use the whole thing), Sesame seeds and Cooked white rice.

In a large nonstick pan, heat the olive oil on medium. Add the garlic, onion, ginger, jalapeno, and chicken. Cook until the thighs are almost cooked through, about 15 minutes. Add the kimchi and simmer until the sauce thickens and the chicken is cooked all the way through and glazed, about 10 minutes.

Serve the chicken over the rice and top with sesame seeds.

I have it pictured above with the Garlic and Gruyere cheese puffs from last month's article (yum). This dish stands alone and has plenty of vegetables so you don't have to serve it with another dish. Super easy and fabulous!



**Carrie Licatovich is a wonderful cook, fun wife, rescuer and foster of cute and quirky pugs, active hiker, kayaker and a quilter who works at Tennessee Quilts in Jonesborough, TN. She loves GREAT food and will be sharing tried and true recipes for making fabulous dishes. Carrie sees herself as Hit-Girl in a Super Hero World. Be BadAss ... Be BadAss every day!**