

SESSION 4 Recipes



A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
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Patient Educational
Handout



Nourish Program's Brown Rice

Yield: 3 cups

Serving size: 1/3 cup

Ingredients

2 ¼ cups Water or low-sodium broth
1 cup Brown rice

Method

1. In a saucepan, bring 2 ¼ cups of water to a boil.
2. Stir in 1 cup of rice.
3. Cover, reduce heat and simmer for 45 minutes or until all water is absorbed.

Helpful Tips

- Cook the rice in low-sodium broth, herbs, or seasonings to add flavor.
- You can also prepare using a rice cooker.
- Substitute the regular brown rice with Boil-In-A-Bag brown rice, 1-minute brown rice, or frozen brown rice.

Equipment

- Saucepan with lid or rice cooker
- Measuring cups



Scan this QR code to watch
a video on steaming grains

SESSION 4 Recipes

Nourish Program's Orange Chicken & Vegetable Stir-Fry

Yield: 4 servings
Serving size: 1 ½ cups

Ingredients

Sauce

1 1/2 tablespoons	Cornstarch
1 1/2 tablespoons	Water
1 each	Orange, zested and juiced
1/2 cup	Chicken broth, low-sodium
2 tablespoons	Soy sauce, low-sodium
1 tablespoon	Ginger, grated
2 each	Garlic cloves, minced
1/2 teaspoon	Sriracha

Stir-Fry

1 lb	Chicken tenderloins, 1 inch cubed
1/2 teaspoon	Kosher salt
2 tablespoons	Canola oil, divided for vegetables and chicken
1/2 each	Yellow onion, sliced
1 each	Bell pepper, sliced
1 cup	Carrots, sliced on the bias
4 oz	Sugar snap peas
8 oz	Sliced water chestnuts

Prep before class

- Gather equipment & ingredients
- Wash vegetables

Equipment

- Chef's Knife
- Cutting Board
- Cutting Board (separate for raw chicken)
- Small Bowl
- Large Bowl
- Can Opener
- Small Spoon (to peel ginger)
- 2 Rubber spatulas
- Tongs
- 1 Microplane or fine grater
- 1 Large Stainless-Steel Pan (or Wok)



Scan this QR code to watch a video on sautéing vegetables

SESSION 4 Recipes

Nourish Program's Orange Chicken & Vegetable Stir-Fry, cont.

Method

1. In a small bowl, combine cornstarch and water to make a slurry. Set aside.
2. In a medium bowl, whisk together sauce ingredients. Set aside.
3. Heat 1 tablespoon canola oil in the pan over medium-high heat.
4. Add onions to the pan and cook for 3 minutes or until translucent.
5. Add bell pepper, carrots, snap peas, and water chestnuts to the pan and sauté for 4-5 minutes.
6. Remove cooked vegetables from the pan into a large bowl.
7. Heat remaining 1 tablespoon of oil in the same pan over medium-high heat.
8. Season chicken with salt and add to the pan to cook for 6-8 minutes, or until fully cooked and chicken has developed a golden brown color.
9. Remove chicken from the pan and place in the large bowl with the vegetables.
10. Add sauce mixture to pan and whisk continuously for 1-2 minutes.
11. Add cornstarch slurry to the pan and bring the sauce to a boil, whisking continuously for 2-3 minutes. Turn off the heat.
12. Return the chicken and vegetables to the pan.
13. Stir all ingredients together until everything is evenly coated with the orange sauce.

Helpful Tips

- For a thicker sauce, allow it to boil and reduce for an additional 2 minutes. For a thinner sauce, add 1 tablespoon of water to the pan.
- Substitute fresh vegetables for frozen, if desired.
- If you like softer carrots, add them before the other vegetables and stir-fry for 1 minute before adding the other vegetables.

