

## Thai "A Yellow Ribbon"

A easy and creative dinner (Taken from Brescia's Student CAFS January newsletter 2008)

**Yield:** 4 servings

**Prep Time:** 10 min **Down Time:** 25 minutes **Total Cooking Time:** 35 minutes

### **Ingredient**

### **Procedure**

#### **Vegetables:**

Use anything you have on hand, feel free to experiment or stick to the

the following:

- Red and green peppers
- carrots
- broccoli and cauliflower
- snow peas

Chop up all vegetables.

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#### **Protein Source:**

(Choose one of the following)

- Chicken breast
- Canned Salmon or Tuna
- Chickpeas
- Tofu or TVP

Cut up protein source (if applicable)

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#### **Sauce:**

- ½ cup chicken broth
- ¼ cup peanut butter
- 2 tbsp fresh cilantro
- 2 tbsp fresh basil (1 tsp dried)
- 1 tbsp sugar
- 2 tbsp ginger grated or chopped
- 2 tsp lemon zest (can use juice)
- 1 tsp sesame oil
- 1 tsp cornstarch
- 1 clove garlic
- ½ tsp cumin
- ½ tsp crushed red pepper flakes

Mix all sauce ingredients, **except** the cornstarch, and split the sauce between the protein source and the vegetable mixture

*Note: Sauce recipe is enough for 4 chicken breasts, 1 red pepper, 2 cups of snow peas and 1 carrot*

Cook vegetables and protein separately on stovetop over medium heat.

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#### **Grain Source:**

- Brown Rice
- Quinoa
- Pasta

Begin boiling select grain source.

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Once protein source is thoroughly cooked, add to the vegetable mixture and add in the cornstarch. Mix together.

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Serve over the cooked grain of choice.

## ROSEMARY AND DILL CHICKEN ROAST

A perfectly easy, dinner recipe (<http://www.cookingnook.com/roast-chicken-recipes.html>)

**Yield:** 6 servings

**Prep Time:** 20 min **Down Time:** 2 hours **Total Cooking Time:** 2 hours and 10 minutes



**Equipment:** Conventional Oven, Chef's Knife **Preheat oven:** 350 F

Ingredient	Amount	Procedure
Sliced onion	1	Preheat oven to 350 F
Minced garlic cloves	3	Place onion and garlic in bottom of large roaster.
Chicken legs, thighs or breasts	6 servings	
Carrots, cut into large pieces	3	
Potatoes, cut into large pieces	4	
Yams, cut into large pieces	2	Add chicken pieces. Add vegetables.
dried rosemary	2 tablespoons	
dried dill (optional, or use all rosemary)	1 tablespoon	
salt & pepper		Sprinkle generously with rosemary and dill. Add salt and pepper to taste.
water		Fill roaster about half full with water, just enough to cover the top of the chicken pieces. Cover and cook in preheated oven for approximately 2 hours. For crispier chicken, remove the lid for the last 30 minutes.

## CABBAGE AND TANGERINE SLAW

An easy, nutritious, low calorie side dish. (<http://www.weightwatchers.com>)

**Yield:** 4 servings **Serving Size:** 1 cup each

**Prep Time:** 10 min **Cooking Time:** 5 minutes **Total Cooking Time:** 15 minutes

**Equipment:** Chef's Knife, Cutting board, Mixing Bowl, Cheese grater

<b>Ingredient</b>	<b>Amount</b>	<b>Procedure</b>
Shredded green cabbage	1 cup	
Shredded red cabbage	1 cup	
Thinly sliced red onion	½ cup	
Pitted, peeled and separated into segments, tangerines	2 large	Combine cabbages, tangerines and onion.
Orange juice	3 tablespoons	
Lemon juice	1 tablespoon	
Marmalade	1 tablespoon	In a separate bowl, stir together orange and lemon juices and marmalade.
Canola oil	1 ½ teaspoons	
Salt	¼ teaspoon	
Pepper	¼ teaspoon	Stir in oil, salt and pepper
		Pour over cabbage salad and toss well