STIR FRY

Canola oil (or vegetable oil) 1 lb desired meat (chicken, pork tenderloin, beef tenderloin), sliced thinly 4 cups fresh vegetables, chopped into small pieces, or 1-2 bags frozen vegetables 4 tsp ginger, separated in half 4-6 tablespoons soy sauce (low sodium) 2 heaping tsp minced garlic 1 tsp chili powder 1 can chicken broth

Cooked rice or noodles



- Heat 2 tablespoons oil in an extra large fry pan or wok on medium high heat. Oil will be hot when a piece of diced onion sizzles and browns quickly.
- Carefully add meat to oil. Sprinkle half (2 tsp) of ginger, 2-3 tablespoons of soy sauce, and 1 tsp chili powder over meat. Cook until it starts to brown, stirring often. If meat starts to stick or sauce starts to burn, add a small amount of chicken broth to pan. Once cooked through, transfer to a plate. Add another 2 tbsp of oil to the pan, and allow to heat for 1-2 minutes.
- Add in your desired vegetables, being careful if adding frozen vegetables as they will spatter more than fresh.
- Add the remaining 2 tsp of ginger, and 2-3 more tablespoons of soy sauce to the vegetables. It should only take about 5 minutes to cook the vegetables if the oil is hot enough. Again, add chicken broth if the vegetables start to become dry (usually not an issue with frozen vegetables).

• Once cooked, add in the cooked noodles or rice. Add additional soy sauce if desired. Add meat and stir well. Enjoy! Note: You can make this more of an Italian dish by eliminating the ginger and soy sauce and adding oregano, basil, additional garlic, and ½ cup parmesan cheese.

CHICKEN PARMESAN

Yield: 4 servings



Boneless skinless chicken breast, baked or grilled (2 pounds) Your favorite jar of tomato sauce 2 small tomatoes, peeled and seeded ½ cup cauliflower florets ½ cup carrots, peeled and chopped ½ cup carrots, peeled and chopped ½ medium sweet potato, peeled and cut into small chunks ½ small zucchini, peeled and chopped Broccoli, chopped (Fresh or frozen) (one stalk or 16 oz bag will feed approximately 2 people) Mozzarella cheese

- Cook cauliflower, carrots, sweet potato, zucchini and onion until tender. (You will be cooking the broccoli separately; it serves as the "pasta" in this dish.) If you want sauce to remain smooth, they must be thoroughly cooked.
- Reserve cooking liquid. Place cooked vegetables, tomatoes, oregano, basil, garlic, and lemon juice in blender. Pulsate to puree, adding cooking liquid as needed to create desired consistency.
- Add can of tomato paste and a small amount of your favorite sauce to blend well. Pour remaining sauce back into saucepan (from vegetables) and stir in the vegetable puree. Simmer while you cook the broccoli in a separate pan.
- Cut cooked chicken into medallions. Place 1 cup cooked broccoli on serving plate. Top with 2/3 cup sauce. Add chicken.
- Sprinkle with mozzarella. If you still crave pasta, check out our "Easy Vegetable Pasta Salad" as a side dish.

Note: Beef can be substituted for chicken.

Recipes courtesy of Sarah Heidorf, 2011 AHEC Community Health Intern | www.rethinkwinnebago.org | www.co.winnebago.wi.us/health | 920-232-3000

LIME HERB TOFU

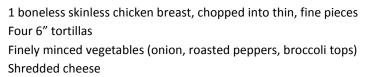
Yield: 7-8 servings (2oz.)



- 1/2 C. lime juice
 1 tsp. black pepper
 1 tsp. dried oregano
 1 tsp. ground cumin
 3/4 tsp. salt
 3 garlic cloves, crushed
 15 oz. extra firm tofu
 3/4 tsp. olive oil
 1/8 C. coarsely chopped fresh cilantro
 1 tsp. finely chopped green onions
 - Combine first six ingredients in a 2 quart baking dish.
 - Slice 15 oz. block of tofu into 7-8 slices. Place tofu in dish, turning to coat; cover and marinate in refrigerator for at least 1 hour and baste occasionally.
 - Preheat oven to 375 degrees F.
 - Remove tofu from dish and discard marinade.
 - Coat cookie sheet with olive oil and place tofu onto sheet.
 - Bake for 20 minutes or until it begins to brown on the edges.
 - Sprinkle with cilantro and green onions.
 - Serve with Roasted Corn, Black Bean, and Tomato Salad.

OVEN CHICKEN QUESADILLAS

A great way to use leftover chicken, or to make **any** meat go further! *Yield: 2 servings*



Taco seasoning (or equal parts cumin, chili powder and garlic salt)

- Place 2 tortillas on a cookie sheet. Sprinkle a small amount of cheese on the tortilla, followed by half of the chopped chicken. You want the pieces to be very small to help keep the quesadilla together when turning.
- Sprinkle the minced vegetables and top with more shredded cheese.
- Sprinkle taco seasoning (or cumin, chili powder, and garlic salt).
- Top with the remaining 2 tortillas.
- Place under broiler in oven. Turn/Flip when the top tortilla begins to brown. Broil second side until it starts to brown.
- Use a pizza cutter to cut each into 4 pieces. Serve with your favorite salsa, lettuce, olives, tomatoes, and jalapenos if desired.
- These could be frozen and reheated in the microwave for a quick lunch!

