

Connecting our community with activities.

PROJECT: 109

Cook with PB&J

DETAILS:

The PB&J Fund was created in the belief that a healthy diet should be easily accessible to all kids. Bring a PB&J Fund Lesson into your own home with these delicious recipes and nutritional lessons. While you wait for things to cool, color in the last page and put on your fridge!

Bon Appétit!

YOU'LL NEED:

Cooking Utensils

Ingredients Listed Below

An Adult to Cook with!

Coloring Utensils

CONNECTING WITH:



pbandjfund.org

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SESAME CHICKEN

Serves: 6

INGREDIENTS:

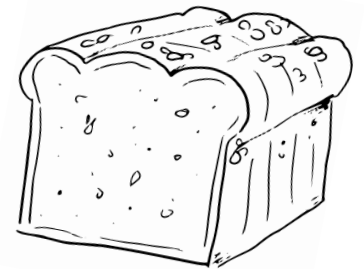
- 1 tablespoon olive oil
- 1 ½ pounds boneless skinless chicken breasts, medium dice
- 2 tablespoons honey
- 2 tablespoons sesame oil
- 2 tablespoons low sodium soy sauce
- ½ teaspoon garlic powder
- 1 tablespoon cornstarch
- ¼ teaspoon red pepper flakes (optional...be CAREFUL a few of these is sure to make it hot)
- 1 teaspoon ginger, minced
- 2 tablespoons sesame seeds, toasted
- 3 cups prepared brown rice for serving

METHOD:

1. In a small bowl mix honey, sesame oil, soy sauce, garlic powder, cornstarch, red pepper flakes and ginger. Wisk until the lumps from the cornstarch are gone. Set aside.
2. Dice the chicken into medium diced pieces.
3. Add olive oil to a 12-inch skillet over medium-high heat.
4. Cook the diced chicken all the way through, about 8 minutes. (Test a large piece by cutting in half, should not have any pink!!)
5. Add the sauce to the chicken pan and cook until the sauce thickens—about 5 minutes.
6. Sprinkle chicken with the toasted sesame seeds, stir and serve with ½ cup brown rice per serving.

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NUTRITION LESSON



Sesame chicken:

Half of the grains you eat each day should be whole grains such as whole wheat bread, oats, brown rice, whole wheat pasta or whole wheat tortillas.

Whole grains have more fiber.

Fiber keeps you full longer and helps with digestion!



SWEET POTATO AND LENTIL CURRY

Serves: 8

INGREDIENTS:

- 1 tablespoon olive oil
- 1 onion, small dice
- 1 sweet potato, peeled, small dice
- 2 cloves garlic, minced
- 2 tablespoons curry powder
- 1 teaspoon cumin
- ¼ teaspoon red pepper flakes (optional)
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1½ cups dried red lentils
- 4 cups vegetable stock, low sodium
- 1 can lite coconut milk

METHOD:

1. Heat oil in a large soup pot over medium-high until the oil shimmers.
2. Add onions and cook until golden brown and softened.
3. Add sweet potato and garlic. Cook for 2-3 minutes more.
4. Add in vegetable stock. Scraping the bottom of the pan to deglaze.
5. Mix in lentils.
6. Cover pot and bring to a boil. Reduce heat to a simmer and cook, covered, for 20 minutes.
7. Add coconut milk and simmer 5 minutes more.
8. Enjoy!

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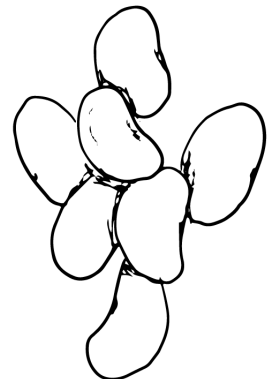
NUTRITION LESSON

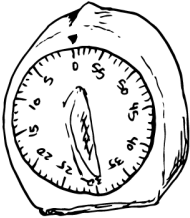
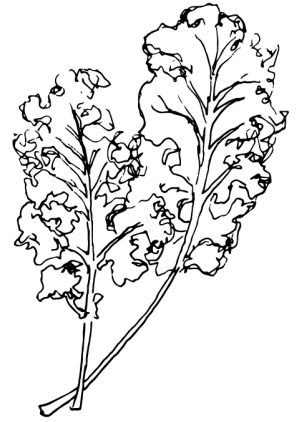
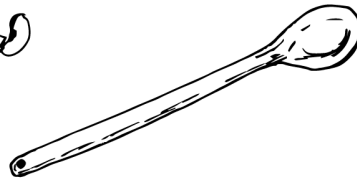
Sweet Potato and Lentil Curry:

Try adding plant based proteins into your diet such as beans, legumes, nuts and seeds.

In this recipe we are using lentils (legumes).

Lentils are packed with protein and fiber,
and are fat free!





DINNER

IS BETTER

WHEN WE

COOK IT

TOGETHER

