

Living Well Cancer Resource Center

Young Chefs!

Pacific Rim Delights: Asian Chicken Stir Fry

March 2020

3 ounce Rice noodles ; broken
12 ounce Chicken, boneless, thighs or breast halves
1/2 cup Chicken broth
2 tablespoon Soy sauce
2 tablespoon Basil ; dried, crushed
2 tablespoon Cornstarch
1 teaspoon Chili Oil
1/2 teaspoon Turmeric; ground
1 tablespoon Cooking oil
1 cup Carrots ; cut in short strips
2 cup Broccoli ; florets
1/2 cup Red Sweet Pepper ; cut into 1in. strips
1/4 cup Cashew halves ; or peanuts

- 1) In a saucepan cook rice noodles in boiling water for three minutes. Drain; set aside and keep warm.
- 2) Cut chicken into thin bite size strips. For sauce, combine broth, soy sauce, dried basil, cornstarch, chili oil, and Tumeric; set aside.
- 3) Pour cooking oil into a wok or large skillet. Heat over medium high heat. Add carrots to wok; cook and stir for one minute. Add broccoli, cook and stir for two minutes more. Add sweet pepper; cook and stir for one and a half to two minutes more or until vegetables are crisp tender. Remove vegetables from wok. Add chicken to wok; cook and stir for two to three minutes or until no longer pink. Push chicken from the center of wok.
- 4) Stir sauce; add two center of wok. Cook and stir until thickened and bubbly. Return vegetables to wok; add fresh basil. Cook and stir for two minutes or until heated thoroughly. Serve over rice noodles; sprinkle with cashews.

Gingered Carrot Soup

2 tablespoons extra virgin olive oil
1 1/2 cups yellow onion, diced
3 tablespoons fresh ginger, peeled and grated (or chopped)
3 cloves garlic, minced
2 pounds carrots, peeled and sliced
2 quarts [chicken stock*](#) (8 cups)
1 quart water (4 cups)
2 bay leaves
2-3 fresh thyme sprigs
2 teaspoons kosher salt
1 teaspoon white pepper
2 cups vanilla flavored Greek yogurt
3 tablespoons butter or vegetable oil

Heat the olive oil in a large stock pot over medium heat. Add the onion, ginger and garlic and cook for 5 minutes or until the onions soften, stirring often.

Add the carrots, chicken stock, water, bay leaves, thyme sprigs and salt and pepper. Bring to a boil then reduce to simmer and cook until the carrots are tender, about 20-30 minutes.

Remove the bay leaves and thyme sprigs and blend the mixture with an immersion blender or transfer to a blender and blend until smooth. Blend in the vanilla yogurt and butter and season with more salt and white pepper to taste.

Serve with a dollop of yogurt and fresh thyme if desired.

Pineapple Rice with Turkey Sausage

4 cups rice, rinsed and drained
7 ½ cups water
2 cups (densely packed) cilantro leaves, minced
4 teaspoons soy sauce
2 tablespoons vegetable soup base
2 teaspoons sugar
1 fresh whole pineapple
1 package turkey sausage, browned, optional

1. In a medium saucepan (or rice cooker), combine rice, water, cilantro, soy sauce, vegetable base and sugar. Cook over medium heat until simmering, then turn heat to low and let cook covered about 18 to 22 minutes, until fluffy and cooked through.
2. Slice pineapple in half, remove the insides with a knife in quarters, and scoop out the bottom with a spoon, leaving a ¾-inch shell. Dice one-quarter of the pineapple flesh (minus core) for 1 cup of fresh pineapple, mix in with cooked rice, and scoop into both the hollowed pineapple halves. (Up to here, the dish is vegan or vegetarian.)
3. If using turkey sausage, quarter them lengthwise and dice into ¼-inch cubes. In a nonstick skillet over medium-high heat, sauté the sausage until it browns and caramelizes a little. Drain and pat dry, then garnish rice with it. Enjoy.

Tangy Cucumber Salad

½ cup rice vinegar
2 teaspoons sugar
½ teaspoon salt
½ teaspoon pepper
2 bay leaves
8 mini Japanese cucumbers, peeled, sliced thin
4 cups daikon radish, thinly sliced
1 Tablespoon sea salt
4 cups cherry tomatoes, halved
1 onion, sweet onion, thinly sliced
½ cup fresh chives, chopped
4 Tablespoons fresh cilantro, chopped
1 Tablespoon garlic, minced

Stir rice vinegar, sugar, and bay leaf together in a small saucepan over medium heat; bring to a boil. Whisk the boiling mixture until the sugar dissolves completely; remove from heat. Discard the bay leaf. Season with salt and pepper. Set aside to cool.

Spread cucumber and radish slices onto a layer of paper towels. Sprinkle sea salt over the cucumber and radish slices. Set aside for 10 minutes. Rinse under cold running water and pat dry with paper towel.

Toss cucumber, radish, sweet onion, tomatoes, chives, cilantro, garlic, and white pepper together in a large bowl. Drizzle rice vinegar dressing over the salad; toss to coat.