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Week 1

MyPlate, Choosing Fruits and Vegetables, Chicken Salad with Peanut Dressing Recipe

Introduction

Thank you for joining the Cooking Matters class for October/November 2020! We are excited to put together recipes and lessons for you that you can enjoy on your own time. Below, you will find links and QR codes that you can scan to watch videos of the lessons and recipes, and steps to completing the week 1 class.

To use QR codes, just open the camera function on most smartphones, and point it at the QR code (the square patterns shown below each step). The link should show up on your smartphone screen to open. If this doesn't work, you can type in the links that are included, or you can go to our OWU Nutrition Youtube Playlist for Week 1 - found below.

Week 1 Playlist Link:

<https://www.youtube.com/playlist?list=PLKVbOsrVZgodcyMiY9PHyn-N-TGk2C8xO>

Week 1 Playlist QR Code:



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Step 1

Watch the video about MyPlate - which can help guide you toward a healthy, balanced diet.

Link: <https://youtu.be/xjx0l9d3RLU>



Step 2

Watch the video about Choosing Fresh, Frozen, or Canned fruits and vegetables.

Link: <https://youtu.be/CTTrfePznKo>



Step 3

Take out your groceries and get started with the recipe, below! The video links and QR codes for the full recipe are on the next page, with the recipe. Also, there are separate skill videos included with the recipe steps!

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Chicken Salad with Peanut Dressing

Calories per serving: 340 **# of servings:** 4 **Serving Size:** 2 cups

TOTAL TIME: 35 mins



Full Recipe Video Link: <https://youtu.be/2rhm-STxI0s>



Ingredients - Salad

- 4 bone-in chicken thighs, about 1 ½ pounds
- 1 medium head romaine lettuce
- 1 medium red bell pepper
- 1 small apple
- 8 snow peas, or 8 oz frozen peas, thawed
- 1 10oz can mandarin oranges, packed in juice

Ingredients - Dressing






- 2 tablespoons peanut butter
- 2 tablespoons canola oil
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons distilled white vinegar

Directions

1	Remove skin and trim any excess fat from chicken thighs. Link: https://youtu.be/P_0Cxxfwj-4	
2	In a large pot over high heat, add chicken and cover with water. Bring to a simmer. Reduce heat to maintain a simmer. Cook until a food thermometer inserted into the thickest part of a thigh without touching the bone reaches 165 degrees F, or about 10 minutes. Link: https://youtu.be/XiqgQGOj93Y	

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3	<p>Transfer to a plate and let cool.</p> <p>Link: https://youtu.be/OAeO2KCECXk</p>	
4	<p>While the chicken cooks and cools, prepare rest of salad.</p>	
5	<p>Rinse lettuce. Pat dry. Tear into bite-sized pieces</p> <p>Link: https://youtu.be/7Hw1Ag3QRSs</p>	
6	<p>Rinse bell pepper. Remove core and seeds. Cut into bite-sized pieces</p> <p>Link: https://youtu.be/ocoIYnNVz24</p>	
7	<p>Rinse apple. Cut into thin slices. Then, cut slices into matchsticks.</p> <p>Link: https://youtu.be/z3bRWd28a4g</p>	
8	<p>Rinse snow peas. Slice thinly on the diagonal. Or, if using frozen peas, be sure they are thawed.</p>	
9	<p>Drain mandarin oranges, reserving juice.</p>	
10	<p>Next, make the sauce. In a large bowl, add peanut butter, oil, soy sauce, vinegar, and 1 tablespoon reserved mandarin orange juice. Mix until well blended.</p> <p>Link: https://youtu.be/oymLuQseExk</p>	

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11	When the chicken is cool, shred with two forks. Add lettuce, bell pepper, apple, snow peas, drained mandarin oranges, and chicken to bowl with dressing. Toss to coat. Enjoy!	
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We hope you enjoyed the week 1 lesson, and we look forward to seeing you next week for your meal kit pickup and videos! We'll be focusing on whole grains and gluten free options, as well as a delicious recipe to go along with the lesson!