



# Chicken, vegetables, and rice

## Family Recipe

Serves 4

### Ingredients:

- 2 cups of water
- 1 cup brown rice
- 1 tablespoon corn starch
- ¼ cup low sodium soy sauce
- 1, 8oz can pineapple juice
- 1 tablespoon red wine vinegar
- 1 tablespoon brown sugar
- 2 tablespoons vegetable oil, divided
- 1 lb boneless, skinless chicken breast, cubed
- 1 clove garlic, peeled and minced
- 1, 1 inch piece of ginger peeled and minced
- 1 red bell pepper, cored and sliced
- 1 bunch broccoli, florets separated and stems peeled and chopped
- 1 cup low sodium chicken broth

### Directions:

1. Bring the water to a boil in a medium saucepan. Add the rice and stir. Cover the pan and return to a boil. Reduce the heat and simmer until the rice is tender and all the water is absorbed, approximately 45 minutes.
2. While the rice is cooking, whisk together the cornstarch, soy sauce, pineapple juice, vinegar and sugar. Set aside for a moment.
3. Heat 1 tablespoon of the oil over medium heat in a wok or skillet. Add the chicken and cook for 5 minutes, stirring occasionally. Transfer the chicken to a plate.
4. Add the remaining oil to the pan. Stir in the garlic and ginger and cook for 2 minutes. Add the pepper and broccoli florets and sliced stems. Cook for 3 minutes, stirring often.
5. Return the chicken to the pan with the vegetables. Pour in the broth and cover the pan. Cook the ingredients until the broccoli is tender, about 3 minutes.
6. Whisk the sauce and add it to the pan. Heat until the sauce is thick, about 1 minute, stirring gently. Serve the chicken and vegetables over the brown rice.

**For the best flavor, use ingredients in season from a farmers' market or in winter ask at the supermarket for vegetables grown on a local farm.**

For more information, email [dolcott@challiance.org](mailto:dolcott@challiance.org).

*Tasty Choices* is a program of the Cambridge Public Schools' Food Services Department that introduces fresh and appealing foods to school menus. The program works with food service staff to develop healthy, seasonal recipes for the city's public schools, and engages students in taste tests and learning activities. Founding partners are the Cambridge Public Health Department, Cambridge Public Schools, Institute for Community Health, and CitySprouts, a school garden program. *Tasty Choices* is coordinated by Dawn Olcott, a nutritionist with the Cambridge Public Health Department's School Health Program.

**Do 5-2-1 Every Day!**

**5 servings of fruits & vegetables**

**2 hours or less of TV/screen time**

**1 hour of physical activity**