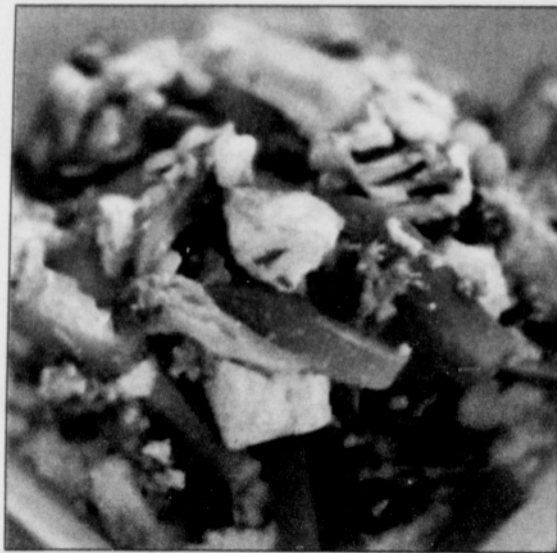


FOOD

Yummy Orange Chicken and Rice

Grilled or roasted chicken simmered in orange marmalade with delicious orange slices and crispy sugar snap peas served over Minute White or Brown rice. Original recipe makes 4 servings

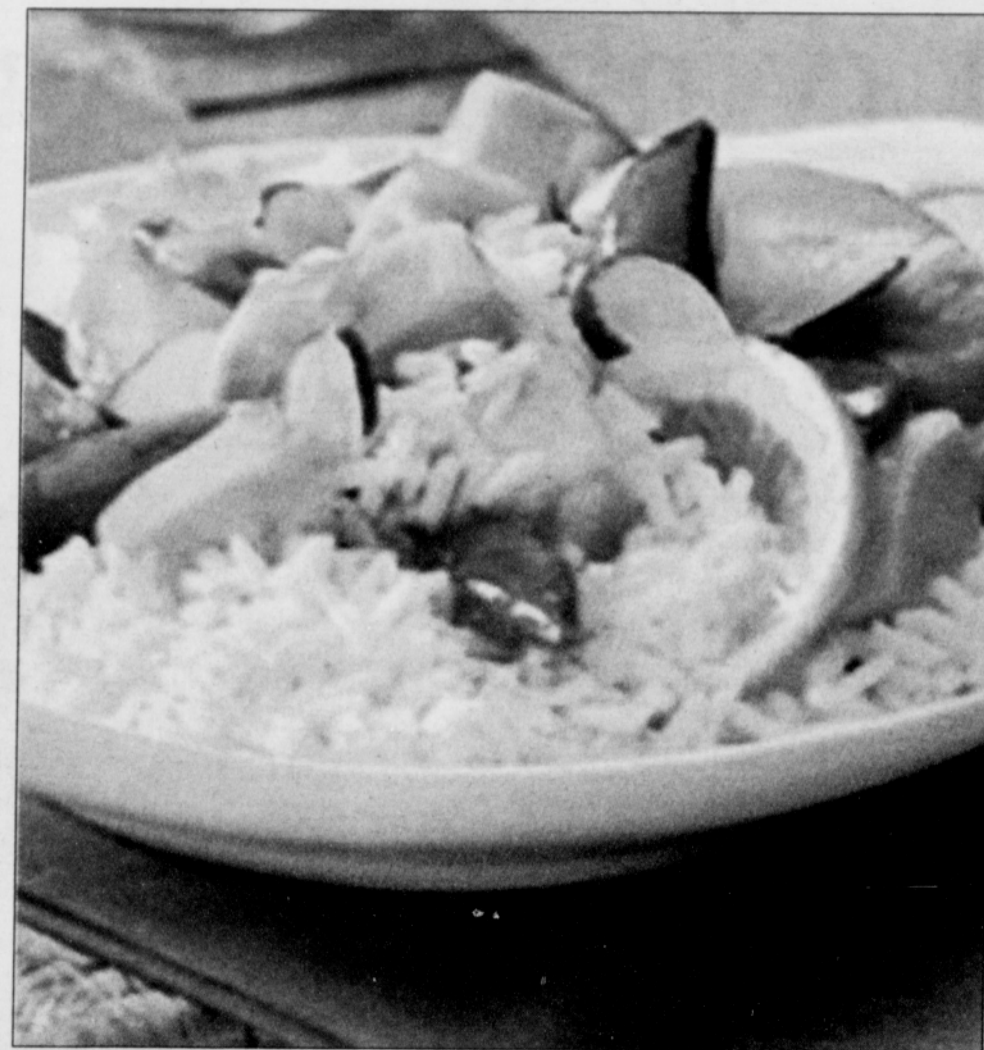


Ingredients:

- 1 (12 ounce) jar orange marmalade
- 1/2 cup orange juice
- 1/2 cup water
- 2 cups cooked chicken, grilled or roasted
- 1 large orange, washed and thinly sliced
- 1 cup frozen sugar snap peas, thawed
- 2 cups cooked Minute® White Rice or Minute® Brown Rice

Directions:

1. In a small sauce pan add in: marmalade, orange juice and water. Simmer until blended and reduced about 50%. It should be like syrup.
2. Add chicken, orange slices and peas until all are hot.
3. Serve over rice. If desired, sprinkle with slivered almonds.



Ginger Veggie Stir-Fry

I used certain veggies I had on hand, but any seasonal veggies may be used. It has a mild ginger flavor that can be enhanced according to taste, and is filling yet light. Tofu may be added. Serve over a bed of steamed jasmine rice. Original recipe makes 6 servings.

Ingredients:

- 1 tablespoon cornstarch
- 1 1/2 cloves garlic, crushed
- 2 teaspoons chopped fresh ginger root, divided
- 1/4 cup vegetable oil, divided
- 1 small head broccoli, cut into florets
- 1/2 cup snow peas
- 3/4 cup julienned carrots
- 1/2 cup halved green beans
- 2 tablespoons soy sauce
- 2 1/2 tablespoons water
- 1/4 cup chopped onion
- 1/2 tablespoon salt

Directions:

1. In a large bowl, blend cornstarch, garlic, 1 teaspoon ginger, and 2 tablespoons vegetable oil until cornstarch is dissolved. Mix in broccoli, snow peas, carrots, and green beans, tossing to lightly coat.
2. Heat remaining 2 tablespoons oil in a large skillet or wok over medium heat. Cook vegetables in oil for 2 minutes, stirring constantly to prevent burning. Stir in soy sauce and water. Mix in onion, salt, and remaining 1 teaspoon ginger. Cook until vegetables are tender but still crisp.

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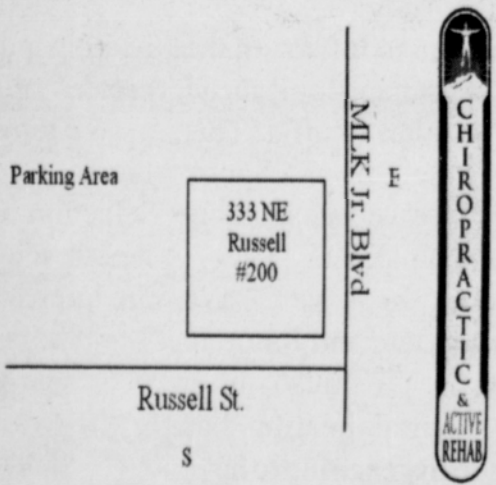
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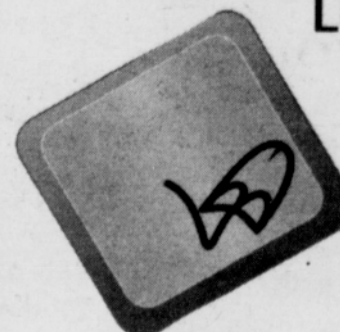


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