

Nutrition Education

Peach Yogurt Smoothie

Ingredients

- 1 cup low-fat yogurt (try peach, vanilla or lemon)
- 1 banana
- 3/4 cup orange juice
- 1/2 cup frozen peaches

Directions

Put all ingredients into a blender. Blend until smooth and serve.



Oriental Citrus Chicken

Ingredients

- 2 teaspoons vegetable oil
- 3 chicken breasts, boned, skinned, and cut into 2-inch pieces
- 2 slices fresh ginger root, peeled and minced or 1/2 teaspoon powdered ginger
- 2 garlic cloves, minced or 1/4 teaspoon garlic powder
- 1 8-ounce can pineapple chunks, drained (save juice)
- 1 1/2 cups orange juice
- 1 cup chicken broth or water
- 2 tablespoons vinegar
- 4 cups sliced vegetables (broccoli, sweet peppers, onions, and mushrooms)
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 2 tablespoons cornstarch

Directions

Heat oil in a large skillet over medium heat (350 degrees in an electric skillet).

Add chicken, ginger, and garlic and cook 5 minutes or until chicken is no longer pink.

Add pineapple juice, 1 cup of orange juice, chicken broth, and vinegar. Cover and simmer for 5 minutes.

Add sliced vegetables. Cover and cook 3 minutes.

Mix remaining 1/2 cup orange juice, soy sauce, sugar, and corn starch together in a small bowl.

Stir until smooth. Add to skillet and cook, stirring constantly, until mixture comes to a boil and thickens. Add pineapple chunks. Serve over rice.

