

Bangkok, Thailand:

Sautéed Pineapple Teriyaki Rice

Yield: 1 to 2 servings

INGREDIENTS:

- 1 cup jasmine rice, cooked
 - Substitution: Use whole grain rice for added fiber!
- 1 tsp olive oil
- 1 tsp teriyaki sauce
- 1 tsp soy sauce
- 2 green onions, finely chopped*
- 1 clove garlic, minced*
- ¼ cup vegetable broth
- 1 egg
- 2 Tbsp carrots, shredded *
- 2 Tbsp peas, frozen*
- 2 Tbsp red bell pepper, diced*
- 2 Tbsp pineapple chunks, fresh or canned and rinsed*
- 1 Tbsp cashews, unsalted*
- 1 Tbsp lime juice*

Optional:

- Cilantro*
- Red chilis*
- Jalapeños*
- Ginger, ground*
- Red chili flakes*

THIS RECIPE USES 4 out of 5 FOOD GROUPS!

DIRECTIONS:

1. Wash hands and produce prior to cooking.
2. Gather all ingredients. Allow kids at home to help wash and gather produce items!
3. In a large sauté pan, sauté produce items (green onions, garlic, carrots, peas, bell pepper, pineapple) with olive oil, vegetable broth, and lime juice.
4. Combine cashews, rice, teriyaki sauce, and soy sauce to sautéed produce items.
5. In a mixing bowl, crack and scramble egg. Add into sauté pan with rice and produce. Allow egg to cook.
6. Mix all ingredients together so all ingredients are evenly combined within the sauté pan. Cook until warmed through.
7. Remove from heat. Season to taste with listed optional ingredients.
8. Serve and enjoy at a meal!

This recipe can be made for one serving or many to be shared!

** = Add more of this ingredient as desired*



Bangkok, Thailand:

Thai Fruit Smoothie

INGREDIENTS:

- Coconut milk
 - Substitution: Milk or milk alternative
- Dragon Fruit, frozen
 - Substitution: Strawberries
- Chia seed
 - Substitution: Flax seed
- Banana, frozen
- Mango, frozen
- Pineapple, frozen
- Blender
- Cup for serving

Optional:

- Spinach (vegetable)
- Oats (whole grain)

Note: You can use fresh fruit but frozen will make for a cold, thicker smoothie! This recipe can be made for one serving or many to be shared!

DIRECTIONS:

1. Wash hands and produce prior to preparing.
2. Gather all ingredients.
3. Portion desired amount of fruit, seeds, and milk into blender. You can use as much or as little of each ingredient listed, no need to measure!
4. Blend until smooth.
5. Serve and enjoy at snack time.
6. Refrigerate extra and enjoy later!

THIS RECIPE USES 2 OUT OF 5 FOOD GROUPS!

Allow children at home to help add ingredients into the blender while off.

