



SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



FEATURED RECIPES
CAN BE PAIRED WITH
SIDE DISHES NOTED ON
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Ingredients:

**¾ pound boneless, skinless
chicken breasts cut into
1" chunks**

¼ cup all-purpose flour

2 large eggs, beaten

2 cups crushed Corn Flakes

For the sauce:

1½ cups chicken broth

½ cup hoisin sauce

¼ cup rice vinegar

**3 Tbsp. reduced sodium soy
sauce**

3 Tbsp. brown sugar, packed

2 Tbsp. cornstarch

General Tso's Chicken

Directions:

1. Preheat oven to 450°F. Place parchment paper on a baking sheet; set aside.
2. Working in batches, dredge chicken in flour, dip into eggs, then dredge in crushed corn flakes pressing to coat.
3. Place onto prepared baking sheet. Place into oven and bake until golden brown and crisp, about 13-15 minutes. Instant read thermometer inserted in the thickest part of the chicken should read 165°F.
4. In a large saucepan over medium high heat, combine chicken broth, hoisin sauce, rice vinegar, soy sauce, brown sugar, and cornstarch until thickened, about 1-2 minutes. Stir in chicken and gently toss to combine. Serve immediately.

Eat what's in season... *Asparagus*

Asparagus is naturally fat-free, cholesterol-free and sodium-free. Plus, it is low in calories and a good source of vitamin A, vitamin C, vitamin K and folate. Asparagus makes a delicious side dish or a wonderful addition to salads or pastas.



Selection and Storage: Look for bright green asparagus. The stems should be crisp and firm and should snap (not bend) when bending them. Look for dark green spear tips that have a hint of purple, which shows freshness. Avoid asparagus with yellow or dry tips (these indicate old asparagus).

Store asparagus in an upright container filled with water or in the refrigerator in a plastic bag with a damp paper towel. Asparagus will last up to about 5 days when stored in the refrigerator this way.

Preparation hints: Rinse asparagus under a stream of cool water and snap off the bottoms at their natural breaking point. Discard the bottoms. Asparagus can be microwaved, steamed, sautéed, cooked in the air fryer, roasted or grilled. Do not overcook; asparagus is best when it is still crisp.



Garlic Butter Chicken Bites with Lemon Asparagus

Directions:

1. Season chicken with salt, pepper, and onion powder. Heat $\frac{1}{4}$ cup butter and olive oil in a large skillet over medium low heat. Gently stir fry the chicken bites on all sides until golden brown. Lower the temperature add one teaspoon minced garlic and Italian seasoning to the skillet and cook until fragrant. Remove chicken bites from the skillet and set aside.
2. In the same skillet on medium high add remaining minced garlic then deglaze with chicken broth. Bring to a simmer and allow to reduce to half. Add remaining butter, lemon juice, hot sauce and parsley.
3. Add the tender asparagus and toss for 2 - 4 minutes. Add chicken back to the pan and stir.

Ingredients:

3 boneless, skinless chicken breasts cut into 1" chunks
2 bunches of tender asparagus, rinsed and trimmed
 $\frac{1}{2}$ cup butter
1 tsp. olive oil
2 tsp. minced garlic
1 tsp. Italian seasoning
 $\frac{1}{2}$ cup low-sodium chicken broth
Juice $\frac{1}{2}$ lemon
1 Tbsp. hot sauce
1 Tbsp. minced parsley

Side Dish Spotlight

Below are a few side dish ideas to pair with our featured chicken recipes or to try on their own!

Fried Rice

- 1½ cups long grain rice, prepared according to package directions.
- 4 Tbsp. vegetable oil, divided
- 2 eggs, beaten
- ½ cup chopped celery
- 1 cup canned bean sprouts, drained
- 1½ cups sliced fresh mushrooms
- 1 cup chopped cooked meat
- 3 green onions, sliced
- 2 Tbsp. soy sauce
- 2 Tbsp. oyster sauce



Directions:

1. In wok on high, heat 1 Tbsp. oil 1-2 minutes. Add eggs. Stir-fry until eggs are set but still moist. Remove eggs from wok. Set aside.
2. In wok on high, heat 1 Tbsp. oil 1-2 minutes. Add rice. Stir-fry 1 to 2 minutes. Remove rice from wok. Set aside.
3. In wok heat 1 Tbsp. oil about 1 minute or until hot. Add celery. Stir-fry 1 minute. Add bean sprouts and mushrooms. Stir-fry 1 minute. Stir in meat, green onions, soy sauce and oyster sauce. Return rice and eggs to wok. Stir-fry 30 seconds.

Asian Coleslaw with Sesame Dressing

- ¼ green cabbage, shredded
- ¼ purple cabbage, shredded
- ½ cup carrots, julienne cut
- ½ cup cilantro, chopped
- 1 green onion, diced
- 1 red pepper, diced



Dressing

- ½ cup apple cider vinegar
- 3 Tbsp. sugar
- 2 Tbsp. roasted sesame oil
- 2 Tbsp. toasted white sesame seeds
- ¼ tsp. kosher salt
- Freshly ground black pepper

Directions:

Combine all of the vegetables in a large bowl. Combine the dressing ingredients in a small bowl. Pour over vegetables. Toss. Refrigerate for 30 minutes.

Asparagus in the Air Fryer

- Asparagus
- Olive oil
- Garlic
- Salt
- Pepper
- Parmesan cheese



Directions:

1. Place prepared asparagus in gallon bag.
2. Mix oil, garlic, salt, pepper and parmesan cheese together in a bowl. Add to the asparagus and shake to coat.
3. Place asparagus in preheated 375°F. air fryer and cook for 12 - 15 minutes.

Selection, Handling, & Storage

Chicken breasts and pieces should be pink in color, never gray or transparent. The chicken's fat should be yellow or white. If it looks gray and pale, it is a sign that the meat has been on the shelves for a while. Packaging of the chicken should be well wrapped and leak free. If you notice a leak or smell a foul odor, leave the package.

Preparation: Chicken needs to be cooked until it reaches an internal temperature of 165°F. Juices should run clear when cutting once chicken is done cooking. Overcooked chicken becomes dry especially breast meat.

Safety Tip: Keep raw meat away from any ready to eat food items and fresh fruits and vegetables. Raw meat should always be refrigerated and sit on shelves below other food items. Separate cutting boards/surfaces should be used to prepare raw chicken.

Storage: Fresh raw chicken can be stored in the refrigerator 1 - 2 days. Cooked chicken can be stored in the refrigerator for 3 - 4 days. Note: If you do not plan to cook fresh poultry within 2 days after purchase, you should freeze it. To avoid freezer burn, use heavy-duty foil or freezer bags. Note: Be sure to press the air out of the package before freezing. Vacuum sealing your packages will prevent freezer burn.

Nutrient Profile: B9 Folate

Folate is the natural form of B9 found in foods while folic acid is the form of Vitamin B9 that is supplemented and fortified into foods. Folic acid is actually better absorbed in our bodies than folate. This vitamin is crucial for making DNA and RNA, the foundation of new cells and cell growth. Because of its roll in creating DNA and healthy red blood cells, folic acid and folate needs are increased for pregnant women. Pregnancy and fetal development is a time of rapid growth in which folate is needed in high amounts.



Food Sources: Dark green leafy vegetables (spinach, romaine lettuce, asparagus, brussels sprouts, broccoli), beans, peanuts, sunflower seeds, fresh fruits, whole grains, seafood, eggs, fortified foods

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