



IMRI Cooking Classes Ingredients list for MMCC

Session 1: Ginger Chicken Stir Fry

- 8 ounces chicken breast
- 1 teaspoon cornstarch
- 1 teaspoon oil
- 1 teaspoon soy sauce
- 3 tablespoons oil, divided
- 3 slices fresh ginger (or more if you like)
- 2 cloves garlic, minced
- 1 bunch broccoli, washed, cut into bite-sized pieces, and drained of excess water
- 2 onions
- 2 bell peppers
- 1 teaspoon soy sauce
- ¼ teaspoon salt
- Pinch of sugar
- ¼ teaspoon sesame oil
- 2 tablespoons cornstarch, mixed into a slurry with 2 tablespoons water

Session 2: Lentil Veggie Soup

- 3 medium carrots
- 2 medium potatoes
- 2 stalks of celery
- 1 onion
- 1 zucchini
- 1½ cups lentils
- 1 (14.5-ounce) can diced tomatoes
- 4 (14-ounce) cans broth
- 1 tablespoon oil
- 2 cups water
- Fresh thyme

- Salt and Pepper to taste

Session 3: Whole Grains Pasta Primavera

- Whole Grains Bow tie pasta
- Broccoli
- Peppers
- Carrots
- Zucchini
- Olive oil
- Garlic 5-6 cloves
- Garlic salt
- Pepper
- Parmesan cheese
- Basil

Session 4: Green Smoothie

Amount	Ingredient
1 cup	regular or lacinato kale
1 cup	romaine lettuce
1-2 stalks	celery, chopped
Half	Green apple, cored and chopped
1	Banana
Half	cucumber, chopped
1 cup	Filtered water
1 Tablespoon	<i>Cilantro (optional)</i>
1 Tablespoon	<i>Parsely (optional)</i>
1	Lemon, juiced
¼ cup	Plain yogurt or soy milk