

In this workshop, we will be cooking on Zoom. Feel free to cook along! We will be making Chinese-Style Veggies and Rice.

Here are the ingredients:

- 1 cup brown rice
- 1/2 pound of broccoli
- 2 medium celery sticks
- 1 medium carrot
- 1 small jalapeno or other chili pepper
- 1 clove garlic
- 6 ounces boneless chicken pieces OR firm tofu
- 1/4 cup low sodium soy sauce
- 1 tablespoon brown sugar
- 1 tablespoon corn starch
- 2 tablespoons canola oil
- 1/2 teaspoon of ground ginger



UPCOMING FREE WORKSHOP **MAKE IT GRAIN!**

Learn about whole grains, switch up your grain routine, and save money too! If modifications are needed, please contact in advance.

MONDAY, JUNE 21, 2021
11:00AM TO NOON

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**To register, email Sarah at sgc56@cornell.edu
OR call 607-272-2292, ext. 252**

Visit www.snapedny.org for additional workshop listings, recipes, and more!