

PEANUT CHICKEN

NOURISH YOUR BODY

INGREDIENTS

CHICKEN

- 1 tablespoon olive oil
- 1lb chicken tenderloins
- 1 bell pepper, diced
- Salt and pepper to taste
- 1/2 teaspoon crushed red pepper flakes (optional)
- 2 cups uncooked brown rice

PEANUT SAUCE

- 1/2 cup creamy peanut butter
- 2 tablespoons low sodium soy sauce
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 1 tablespoon rice vinegar
- 1 tablespoon brown sugar
- 1 tablespoon coconut milk
- 2-4 tablespoons hot water

INSTRUCTIONS

1. Prepare rice according to package instructions
2. Heat oil over medium heat in a large pan or wok
3. Dice the chicken into bite sized pieces
4. Add the chicken and bell pepper to the pan, season with salt, pepper and crushed red pepper if desired
5. Cook for 12-15 minutes until chicken reaches 165 degrees
6. In a large sauce pan over low heat, mix all sauce ingredients except for the hot water
7. Add the hot water to the sauce one tablespoon at a time until desired consistency is reached
8. Continue to stir until the sauce is warm but not boiling
9. Serve the chicken over rice with a generous pour of sauce

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FOOD AS HEALTH *Alliance*



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HIGH PROTEIN



4 SERVINGS



30 MIN



PEANUT CHICKEN NUTRITION FACTS

Check the label

How can eating this meal help keep you nourished during cancer treatment?

One of the main dietary concerns for patients undergoing chemotherapy and radiation is the risk of malnutrition. Treatment can negatively impact appetite, which is why it is so important to eat high-calorie, high-protein foods when your appetite is limited. This meal can also be modified by using shredded or ground chicken to accommodate any problems with chewing or swallowing.

Critical Minerals

Getting proper nutrition during treatment includes consuming plenty of vitamins and minerals. This recipe is rich in Vitamin C, Vitamin E, magnesium, selenium, and zinc.

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Nutrition Facts

Serving size 1/4 Total Recipe

Amount Per Serving

Calories **560**

% Daily Value*

Total Fat 21g **27%**

Saturated Fat 5.2g **26%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 630mg **27%**

Total Carbohydrate 65g **24%**

Dietary Fiber 5g **18%**

Total Sugars 6g

Includes 5g Added Sugars **10%**

Protein 35g **70%**

Vitamin D 0mcg 0%

Calcium 31mg 2%

Iron 2mg 10%

Potassium 384mg 8%

Vitamin C 25mg 30%

Vitamin E 3.5mg 25%

Niacin 7mg 45%

Magnesium 122mg 30%

Zinc 2mg 20%

Selenium 27mcg 50%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

During cancer treatment, severe weight loss can lead to longer hospital stays and greater risk of infection. This high calorie meal can help prevent that.

COST BREAKDOWN

PEANUT CHICKEN

SHOPPING LIST	COST	COST PER SERVING
• 1lb chicken tenderloins	\$3.94	\$0.99
• 1 bell pepper	\$0.86	\$0.22
• 1 box instant brown rice	\$1.56	\$0.39
• Reduced fat creamy peanut butter	\$2.76	\$0.69
• Low sodium soy sauce	\$1.58	\$0.40
• Low sodium soy sauce	\$1.94	\$0.49
• Ground ginger	\$1.00	\$0.25
• Garlic powder	\$2.44	\$0.61
• Rice vinegar	\$1.84	\$0.46
• Brown sugar	\$1.88	\$0.47
• 1 can coconut milk		
TOTAL	\$19.80*	\$4.95

*Based on 4 servings. Prices obtained from Walmart.com

A well stocked pantry is often the key to affordable cooking! This recipe uses many pantry staples that you likely have on hand including peanut butter, sugar and spices. Without needing to purchase those items, the cost is around \$3 per serving.



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