



Shrimp Pineapple Stir Fry

from the Teaching Kitchen

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SAUCE

- 3 tablespoons soy sauce, low sodium
- 1/3 cup water
- 1 tablespoon rice wine vinegar
- 2 teaspoon cornstarch
- 1 tablespoon brown sugar
- 1/4 teaspoon red pepper flakes (*optional*)

STIR FRY

- 1 pound shrimp, peeled and deveined
- 1 each chopped: onion, red bell pepper, head broccoli, carrot
- 2 cloves garlic, minced
- 1 tablespoon grated ginger (*or 1 tsp ground ginger powder*)
- 1 cup pineapple, chopped
- 1/4 cup roasted, unsalted peanuts

PREPARATION



1. In a small bowl, whisk together the sauce ingredients. Set aside.
2. Heat 1 teaspoon of sesame oil in a large sauté pan or wok over high heat. Add the shrimp and cook until pink and opaque, about 3–5 minutes. Remove shrimp to a bowl.
3. Add the remaining 1 teaspoon of sesame oil to the pan. Add the onion and bell pepper. Continuously stir, as the pan will be very hot. Cook until slightly browned, about 1 minute.
4. Add broccoli and carrot and continue to stir. Cook until slightly browned, about 2 minutes.
5. Add the garlic, ginger, and pineapple. Cook until pineapple is slightly browned and garlic and ginger are fragrant, about 1–2 minutes.
6. Pour in the sauce and stir to incorporate. Cook until slightly thickened, about 1–2 minutes.
7. Return the shrimp to the pan and allow to reheat.
8. Garnish with peanuts and serve on its own or over grain of choice.



» This delicious, healthy recipe was created by Max Goldstein, Teaching Kitchen Chef & Registered Dietitian



Smoky Beans and Rice from the Teaching Kitchen

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INGREDIENTS

- 1 cup brown rice (*Any kind! Instant, quick-cook, long grain, etc.*)
- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 1 medium red bell pepper, diced
- 4 cloves garlic, finely chopped
- 1 cup vegetable stock

- 1 14.5-oz can black beans, rinsed and drained
- 1 14.5-oz can pinto beans, rinsed and drained
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- ½ teaspoon dried oregano
- Salt and pepper, to taste

FOR SERVING

- 1 large tomato, diced
- Juice of 2 limes
- ¼ cup cilantro, chopped





PREPARATION

1. Cook brown rice according to package instructions. Set aside.
2. Heat oil in a skillet over medium heat. Sauté diced onion and bell pepper, stirring frequently, until just starting to turn soft and translucent.
3. Add garlic. Continue cooking until the garlic is soft and the onions are just starting to brown on the edges, about 2 minutes more.
4. Add chili powder, cumin, oregano, black pepper, and salt, if using. Stir to combine and cook for 30 seconds to “bloom” the spices.
5. Add beans and stock. Bring mixture to a simmer and cook for 10 minutes, stirring occasionally to prevent sticking.
6. Crush a few of the beans by pressing them against the side of the pan using the back of your spatula or wooden spoon. Stir to combine. Season with more salt and pepper to taste.
7. To serve, spoon the bean mixture over the rice and top with tomatoes, the juice of half a lime, and chopped cilantro.

» This delicious, healthy recipe was created by Nate Wood, MD, Chef, Director of Culinary Medicine