

# HEALTH CLASS BLIZZARD BAG ACTIVITY

## Blizzard Bag Day 1 activity

Using my recipe example (see “typical recipe” below, this is what a typical recipe looks like), choose a recipe that is one of your favorite **soups** or **chilis** (This could be from a cookbook, online or family recipe) and **make a copy for yourself to keep in a blizzard bag folder and submit a copy to me.**

## SAMPLE RECIPE

Vegetable Lo Mein

Prep

35 m

Ready In

35 m

Recipe By: Diabetic Living Magazine “This veggie lo mein dinner is easy to make and quick—it will be on your table in less time than it would take you to order online and have it delivered.”

Ingredients

1 cup dried shiitake or Chinese black mushrooms (1 ounce)  
1 cup boiling water  
6 ounces dried udon noodles  
2 egg whites  
1 egg  
2 teaspoons cooking oil, divided  
2 teaspoons toasted sesame oil, divided  
2 teaspoons finely chopped fresh ginger  
½ teaspoon crushed red pepper (optional)  
3 cloves garlic, minced  
2 cups sugar snap peas or pea pods, halved  
1 red bell pepper, cut into thin bite-size strips  
¼ cup light teriyaki sauce

## Directions

1

Combine mushrooms and the boiling water in a small bowl. Cover and let stand for 20 minutes. Drain the mushrooms, reserving  $\frac{1}{2}$  cup of the liquid. Chop the mushrooms and set aside. Meanwhile, cook noodles in additional boiling water in a large saucepan for 5 minutes; drain. Return the noodles to the saucepan; cover and keep warm.

2

For egg strips, combine egg whites and whole egg. Heat 1 teaspoon of the cooking oil and 1 teaspoon of the sesame oil in a 10-inch nonstick skillet over medium heat. Pour the egg mixture into the skillet. Lift and tilt the skillet to form a thin layer of egg on the bottom. Cook, without stirring, for 2 to 3 minutes or just until set. Slide out onto a cutting board; cool slightly. Cut into 2x  $\frac{1}{2}$ -inch strips; set aside.

3

Heat the remaining 1 teaspoon each cooking oil and sesame oil in the same skillet over medium-high heat. Add the reserved mushrooms, the ginger, crushed red pepper (if desired), and garlic. Cook and stir for 1 minute. Add snap peas (or pea pods) and bell pepper; cook and stir for 2 minutes more. Add the reserved mushroom liquid and the teriyaki sauce. Bring to boiling. Boil gently, uncovered, for 3 minutes.

4

Add the egg strips and the vegetable mixture to the cooked noodles; toss gently to combine. Serve immediately.