

# HEALTH CLASS BLIZZARD BAG ACTIVITY

## Blizzard Bag Day 2 activity

Using the copy of the recipe you chose for your day 1 Blizzard bag (you were to save yourself a copy and turned in a copy to me) complete the Recipe form (template) I provided (see attached completed sample as a guide) to record the recipe you chose for your day 1 Blizzard bag activity.

**IT MUST BE ON THE FORM I AM PROVIDING for you TO RECEIVE CREDIT !**

Example Recipe:

## RECIPE

### VEGETABLE LO MIEN

Servings | Prep Time | Total Time

Prep Time 35 minutes

Ready In 35 minutes

Total Time 70 minutes

4 servings

## 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

## SHOPPING LIST

dried shiitake mushrooms

dried udon noodles

toasted sesame oil

fresh ginger

crushed red pepper

Fresh garlic

sugar snap peas

1 red bell pepper

light teriyaki sauce

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 ½ 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 ½-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.

# RECIPE

Servings | Prep Time | Total Time

## INGREDIENTS

## DIRECTIONS

## SHOPPING