

TABLETALK

JUNE, 2017 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

2017 Mandatory Class Trainings

Dallas / Fort Worth Area

1. April 29th **9am-4pm**
Buckingham Church of Christ
3630 Buckingham
Garland, TX 75042
2. June 3rd **9am-4pm**
Just Kidding Around
122 South State Hwy 342
Red Oak, TX 75154
3. July 22nd **10am-5pm**
FT Worth Central Library
Tandy Lecture Hall
Ft Worth, TX 76102

Houston Area

1. ~~May 20th~~ **9am-4pm**
New Life Chapel
9525 Towne Park Dr
Houston, TX 77036

This was a successful class! There was a fantastic turnout, a lot of questions were answered, and valuable information had been passed out.

"I look forward to meeting you at the next class!" - Carol

2. June 24th **9am-4pm**
City of Refuge
4170 W. Greens Rd
Houston, TX 77066
3. July 29th **9am-4pm**
United Way Community Center
50 Waugh Dr
Houston, TX 77007

Classes will have a one (1) hour lunch break. Daycare Homes **do not** have to return for the second part.

Please make the necessary arrangements to your schedule, as you will be required to stay as long as needed to complete the mandatory training to receive your certificate. Be sure to sign yourself out when finishing the class so that we have a record of your attendance to award your certificate.

Chef Bob's Cookbook

Teriyaki Chicken Casserole



Teriyaki Chicken Casserole

PREP: 35 min
COOK: 15 min
YIELD: 6 servings

Ingredients

- 3/4 cup low-sodium soy sauce
- 1/2 cup water
- 1/4 cup brown sugar
- 1/2 teaspoon ground ginger
- 1/2 teaspoon minced garlic
- 2 Tablespoons cornstarch + 2 Tablespoons water
- 2 small boneless skinless chicken breasts
- 1 (12 oz.) bag stir-fry vegetables (Can be found in the produce section)
- 3 cups cooked brown or white rice

Directions

1. Preheat oven to 350° F. Spray a 9x13-inch baking pan with non-stick spray.
2. Combine soy sauce, 1/2 cup water, brown sugar, ginger and garlic in a small saucepan and cover. Bring to a boil over medium heat. Remove lid and cook for one minute once boiling.
3. Meanwhile, stir together the corn starch and 2 tablespoons of water in a separate dish until smooth. Once sauce is boiling, add mixture to the saucepan and stir to combine. Cook until the sauce starts to thicken then remove from heat.
4. Place the chicken breasts in the prepared pan. Pour one cup of the sauce over top of chicken. Place chicken in oven and bake 35 minutes or until cooked through. Remove from oven and shred chicken in the dish using two forks.
5. *Meanwhile, steam or cook the vegetables according to package directions.
6. Add the cooked vegetables and rice to the casserole dish with the chicken. Add most of the remaining sauce, reserving a bit to drizzle over the top when serving. Gently toss everything together in the casserole dish until combined. Return to oven and cook 15 minutes. Remove from oven and let stand 5 minutes before serving. Drizzle each serving with remaining sauce. Enjoy!