

by
Chef Tiffany Derry



Nutrition Facts

Per Serving*

Calories 90
Total Fat 5 g
Saturated Fat 4.5 g
Cholesterol 15 mg
Sodium 270 mg
Total Carbohydrates 5 g
Dietary Fiber 1 g
Sugars 3 g
Protein 5 g
Vitamin D 0%
Calcium 1%
Iron 2%

* Based upon a 2,000-calorie diet

Estimated nutrition information is provided as a courtesy. Data gathered via Nutritics and/or other online calculators. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

Chicken Curry

Makes 4 Servings

Chicken, sweet peppers, green beans, coconut milk, and herbaceous curry sauce over brown rice

Ingredients

1 lb chicken breast, medium dice	1 tbsp Thai red curry paste
1 tsp salt	½ lb green beans (fresh or frozen)
1 tbsp olive oil	1 tbsp brown sugar
1 clove garlic	1 tbsp fish sauce
1 tbsp ginger, minced	1 can (13.5 oz) coconut milk
½ small yellow onion, thinly sliced	1 cup water
1 small red bell pepper, thinly sliced	¼ cup fresh basil
1 small green bell pepper, thinly sliced	½ lime, juiced

Serve with brown rice

Garnish with fresh basil and jalapeno slices

Instructions

In a bowl, season chicken with salt and set aside.

Heat saucepan and add olive oil. Add chicken breast without crowding the pan in only one layer.

Once lightly browned, remove chicken. You do not want to cook through. We will add back into sauce later.

In the same pot, add onion, ginger, garlic, and peppers. Cook for 3 minutes and add green beans.

Add remainder of ingredients except basil and lime. Allow broth to come to a boil, then reduce to simmer. Add in chicken and allow to cook for 5 minutes.

Add fresh basil and lime juice to taste.

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Nutrition Facts

Per Serving*

Calories 210
Total Fat 14 g
Saturated Fat 3 g
Cholesterol 10 mg
Sodium 100 mg
Total Carbohydrates 18 g
Dietary Fiber 3 g
Sugars 3 g
Protein 5 g
Vitamin D 0%
Calcium 5%
Iron 6%

* Based upon a 2,000-calorie diet

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Mediterranean Cous Cous Salad

Makes 4-6 Servings

Ingredients

½ cup olives, cut in half
½ red onion, thinly sliced
1 English cucumber, sliced into half moons
1 cup chickpeas
1 cup cherry tomatoes, sliced in half
¼ cup dill, chopped
¼ cup coarsely chopped flat-leaf parsley
2 tbsp olive oil
½ cup feta cheese
½ lb (8 oz) whole grain Israeli cous cous (aka pearl cous cous) (follow directions on package)
2 cups packed arugula (reserve a handful for plating)

Vinaigrette:

¼ cup white wine vinegar
1/2 lemon, juiced
2 cloves garlic, coarsely chopped
½ cup olive oil
1 tsp chili flakes
1 tsp salt and freshly ground pepper

Instructions

In a small bowl, whisk together vinegar, lemon, garlic, olive oil, salt, pepper, and chili flakes.

In a large bowl, mix all remaining ingredients.

Pour half of vinaigrette over Cous Cous salad and toss (reserve remaining vinaigrette for another use). Adjust flavor with black pepper if needed.

Cous Cous salad can be served cold or at room temperature.

To Plate:

Spoon one cup of Cous Cous Feta Salad into bowl and garnish with arugula and feta cheese.