

Lunch | Dinner

Ginger Chicken Rice Bowl

Side Effect: Nausea/Vomiting

10 Mins
Prep Time

60 Mins
Cook Time

6
Servings

239 Calories **5g Fat** **31g Carbs** **19g Protein**



Ingredients

6 Servings **1 Hour, 10 Mins Total Time** **Allergens: None**

1 Cup Long Grain Rice, uncooked

1 Tsp Extra Virgin Olive Oil

½ Cup White Onion, rinsed and grated

3 Tbsp Ginger Puree

1 lb Boneless Skinless Chicken Breast

8 Cups Low-Sodium Chicken Broth

Juice of 2 Lemons

Salt and Pepper, to taste

Sliced Green Onions, to garnish

Nourishment Note



Rice

Bland and gentle on the stomach, rice is a key component of the BRAT diet (bananas, rice, applesauce, and toast) for nausea and vomiting.



Ginger

Ginger is a great spice to use in recipes not only for its flavor, but it also may help reduce inflammation and minimize stomach pain or nausea.

Instructions

1. Wash Hands

Before preparing rice bowl, wash hands thoroughly.

2. Rinse Rice

In a colander, rinse rice with cool water to remove excess starch.

3. Cook Onion & Ginger

To a large pot over medium heat, add the extra virgin olive oil. Cook the onion and ginger puree in the oil until fragrant (about 2 minutes.)

4. Add Rice & Chicken

Add the rinsed rice, chicken breasts, and broth and bring to a simmer.

5. Allow Rice & Chicken to Cook

Reduce the heat to medium-low and cook for about an hour or until the rice is soft and creamy and the chicken is tender.

6. Shred Chicken

Remove the chicken and shred with two forks before returning to the pot.

7. Season & Garnish

Season the rice mixture with lemon juice and salt and pepper, to taste. Garnish with green onions and enjoy!

8. Wash Dishes

Be sure to wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands after finishing the meal.

Recipe created by Meijer Chef, Chad Beuter

What You'll Need



Colander



Measuring Cups



Measuring Spoons



Grater



Large Pot



Cutting Board



Forks (2)



Knife

Fatigue Buster

- Purchase pre-squeezed lemon juice.
- Use a mini food chopper to chop onion into very fine pieces instead of grating.