

# API Connection

API BRG Quarterly Newsletter



## Asian & Pacific Islander Heritage Month

Asian American-Pacific Islander Heritage Month is celebrated annually in the month of May. This is a time to celebrate the contributions that people of Asian descent have made, and continue to make, to our world.

### UPCOMING EVENT

**May 1:** Heritage Month Kick-off Celebration

**May 3:** Virtual Wellness Wednesday Session on Nutrition 12-1 pm

**May 10:** Virtual Wellness Wednesday Session TBD 12-1 pm

**May: 17:** API Heritage Month Celebration - CUH Cafe 11-2 pm

**May 24:** Virtual and In-person Signature Event - Advancing Leaders Through Opportunity 12-1 pm; Reception at 11:30am

**May 31:** API BRG Social - Trinity Groves 5-7pm

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## IN FOCUS

# Asian American and Pacific Islander Heritage Month

May is Asian/Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States.

A rather broad term, Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

### **How to Observe #AAPI Month**

- Join the API BRG Events planned for the Month of May both virtual and in-person.
- Attend celebrations and special exhibits taking place at museums, libraries, and universities across the country.
- Choose a book club book celebrating an author with AAPI Heritage.
- Support AAPI Founded Businesses In Your Community.
- Learn to make a new cuisine from one of the API nations native dish.
- Donate to a community-enrichment organization to support Asian And Pacific Islander People.

## MEMBER SPOTLIGHT

### Deena Koshy

API BRG MEMBER

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#### **What do you love about working at UTSW Medical Center?**

UT Southwestern Medical Center has a very unique vibe. It gives you limitless opportunities and the energy to push the barriers. If you want to be on the forefront of academic medicine, this is the place.

#### **Tell us how APIBRGs has impacted your life and made your employee experience richer?**

An environment that further enhance and promote diversity, culture, inclusion through its activities.

#### **What's the best career advice you've ever received?**

Don't settle; "shoot for the stars, aim for the moon"!

#### **What is your career path at UTSW? How many years have you been UTSW?**

I have been with UTSW for seven years and had the privilege to be the Director over Accreditation, Patient Safety, and Policy Management. Currently, I'm Director over Accreditation and Policy Management.

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## RECIPE CORNER

### TSUKUNE (JAPANESE CHICKEN MEATBALLS)

This is one of those foods that come in many different variations in Japan. They are served primarily on a stick but you can get them in soups, bentos, as a main dish, etc.

Prep Time:30 mins Cook Time:12 mins Total Time:42 mins

#### Ingredients

Teriyaki Sauce:

- 1 teaspoon vegetable oil
- 1 teaspoon minced ginger
- 1 teaspoon minced garlic
- ¼ cup tamari
- ¼ cup cooking sake
- ¼ cup mirin
- 2 tablespoons brown sugar
- 1 teaspoon sesame seeds

Meatballs:

- 10 ½ ounces ground chicken
- 1 egg
- 3 green onions, chopped and ½ carrot, grated
- ¼ cup panko bread crumbs, or to taste
- 2 tablespoons red miso paste, or more to taste
- 2 tablespoons grated ginger
- 1 tablespoon potato starch or corn starch
- 1 tablespoon crumbled seaweed
- 1 tablespoon tamari, or dark soy sauce
- 1 tablespoon cooking sake, or more to taste
- 1 teaspoon soy sauce
- 1 teaspoon white sugar, or more to taste

#### Directions

1. Heat oil in a small pot over low heat. Add 1 teaspoon ginger and garlic; cook and stir until slightly browned, about 2 minutes. Stir in 1/4 cup tamari, 1/4 cup sake, mirin, brown sugar, and sesame seeds; simmer until glaze is slightly thickened, about 5 minutes.
2. Combine ground chicken, egg, green onions, carrot, bread crumbs, miso, 2 tablespoons ginger, potato starch, seaweed, 1 tablespoon tamari, 1 tablespoon sake, soy sauce, white sugar, and paprika in a large bowl; mix well into a thick paste, at least 5 minutes. Refrigerate up to 2 hours.
3. Preheat grill for medium heat and lightly oil the grate.
4. Roll ground chicken mixture into balls the size of your palm. Flatten them slightly into patties. Grill until well-browned, 3 to 4 minutes. Flip and continue grilling until browned on the second side, 2 to 3 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F
5. Brush glaze over meatballs before serving.

#### Nutrition Facts

Per serving: 133 calories; total fat 2g; saturated fat 1g; cholesterol 45mg; sodium 902mg; total carbohydrate 13g; dietary fiber 1g; total sugars 8g; protein 12g; vitamin c 3mg; calcium 25mg; iron 1mg; potassium 182mg [Recipe link](#)

## WELLNESS TIPS



### Spring Forward Activity Step Challenge

Stride towards a healthier lifestyle - join the UT System Physical Activity Team Challenge “Spring Forward”!

The challenge:

In your team of five to seven people, log at least 1 million combined total steps over the four-week challenge period. The team challenge begins on Monday, April 3rd and ends Sunday, April 30th. *The last day to track activity is Wednesday, May 3rd.*

Track your preferred activity by manually logging steps, syncing your fitness device, or using the conversion table.

## MEMBERSHIP UPDATE

We want our members to be able to network, collaborate and learn from each other. If you are already a member of API BRG, we thank you for your support and look forward to connecting with you.

We also extend a warm welcome to the newest members of the API BRG. We are now 540 members strong!

### CONNECT WITH US

-  [API BRG Facebook](#)
-  [API BRG LinkedIn](#)
-  [API BRG Teams](#)
-  [AsianPacificIslanderBRG@utsouthwestern.edu](mailto:AsianPacificIslanderBRG@utsouthwestern.edu)

### Know anyone that would like to join the API BRG?

Scan the QR Code to access and share the New Member Form to join.  
(NOTE: Existing members do not need to complete this form.)

