API BRG Quarterly Newsletter

UPCOMING EVENTS

Check the API BRG TEAMS Channel or access the BRG website for online updates.

Jan 20 - Martin Luther King Jr. Commemorative Celebration

Jan 21 - Thursday Testimonial - TBD

Jan 22 - BRG Mentor Training 1-2.30p

Jan 25 - BRG Mentorship Program Kick Off 12-1p

Feb 10 - Wellness Wednesday
  How To Be More Resilient In Your Life

Feb 12 - Lunar New Year, Year of the Ox
  Special Menu @ CUH Cafeteria

Feb 17 - COVID Vaccine Panel Discussion

Feb 18 - Thursday Testimonial - TBD

Mar 10 - Wellness Wednesday
  Enhancing Workplace Communication

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DIRECTIONS

1. Cook the rice first, according to the package instructions. I’ve always preferred to use a rice cooker, but you can prepare this on the stove top if preferred.

2. Heat 1 tbsp. of oil in a large pot over medium heat.

3. Add minced garlic and slightly brown. Add onions, fresh ginger, and fish sauce. Cook until the onions are almost translucent. (Note: The fish sauce will smell pretty fishy at first, but it goes away as you continue to cook!)

4. Set all of that aside in a bowl and add another tbsp. of oil to the pot over medium heat.

5. Arrange the chicken thighs evenly in the pot. Season generously with ground ginger, garlic powder, onion powder, and a little bit of ground black pepper. Cook thoroughly, using tongs to flip the chicken until there’s no pink in the center. (Note: The chicken will continue to cook over the next several steps, too!)

6. Add the garlic/onion/ginger mix back into the pot with the chicken. Mix everything together and let sit for another 1-2 minutes.

7. Pour in 4 cups of chicken broth and bring to a low boil. Add the squash, stir, and cook until softened (4-5 minutes depending on how large or small your squash pieces are).

8. Reduce heat from medium to low. Stir in the bok choy and allow the leaves to wilt (another 2-3 minutes).

9. The soup is ready to eat at this point! Or, you can leave it on a low simmer for another 10-15 minutes.

INGREDIENTS

- 2 tbsp. canola oil
- 1 tbsp. fish sauce (you can add a pinch or two of salt if you don’t have fish sauce)
- 4 cups of low-sodium chicken broth
- 1 medium yellow onion, sliced
- 2 small or medium yellow squash, chopped into bite-size pieces
- 1 head of Bok Choy, coarsely chopped
- 1/4 cup of fresh ginger, peeled and julienned, or sliced into coins (per preference)
- 3 cloves of garlic, minced
- 2 pounds of chicken thighs, skinless and boneless
- 3 cups white jasmine rice
- Garlic powder
- Onion powder
- Ground ginger
- Ground black pepper
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CHICKEN TINOLA - the recipe is courtesy of API BRG member Gabbie Ricky

Servings: 6-7
Serving Size: 1 cup Tinola and ¾ cup white rice

Chicken Tinola is (pronounced “ti-no-lah”) also known as Tinolang Manok, is a traditional soup from the Philippines. The recipes can vary slightly by region. The broth is flavorful and tasty from garlic, ginger, onions, salt and/or fish sauce (patis). You can also enrich the flavor by using bone-in chicken pieces to make your own broth. For this recipe, use skinless boneless chicken thighs for convenience!

TIPS!

You can substitute the chicken with shrimp or pan-seared fish.

When serving, use a medium-sized bowl. Scoop out a serving of white rice and top it off with a helping of Chicken Tinola. Be sure to include enough broth. You can garnish it with sliced scallions or green onions, and serve with a side of sawsawan (dipping sauce) if you’d like!

chayote is a type of summer squash, you can use equal amounts of zucchini or yellow squash.

Malunggay leaves are a nutrient-rich leafy green vegetable, but you can use other leafy greens such as bok choy, spinach, Swiss chard, or Napa cabbage as needed or preferred. Traditionally it is paired with steamed white rice and often served with a dipping sauce (or sawsawan) made of vinegar, soy sauce, and spices or seasonings per your preference.
WELLNESS TIPS

Happy New Year to all our API-BRG members! We encourage you to take time for self-care and maintain good habits that will sustain your well-being and keep you and those around you safe. Here are some best practices for 2021.

NEW MEMBERS

We extend a warm welcome to the newest members of the API BRG. We are now 194 members strong!

- Nechelle Harris
- Kecy King
- Tiffani Goodnow
- Beverly Johnson Foster
- Clyde Heramis
- Homer Walag
- Lauren Elizabeth Lee
- Tina Nam
- Yihong Wan

MEMBERSHIP UPDATES

We invite you to participate!

- API BRG has a Teams channel to view job openings within UTSW. Click here to find the top priority positions.
- Send in ideas for API BRG events
- Several openings on committees that can help our community and your career

CONNECT WITH US

- API BRG Facebook
- Follow #UTSWAPIBRG
- AsianPacificIslanderBRG@utsouthwestern.edu
What made you want to start the Asian-Pacific Islander (API) Business Resource Group (BRG)?
When I attended the kickoffs for the Hispanic-Latino (HIS-LAT) and African American Employee (AAE) BRG, it was surprising to find no Asian BRGs existed. I approached Dr. Podolsky to inquire about hosting a similar BRG for UT Southwestern’s (UTSW) Asian population. Dr. Podolsky expressed that no one had shown prior interest and asked if I would be interested in starting an API-BRG for UTSW. This was an exciting opportunity for the Asian community on campus. The rest is history. Dr. Podolsky directed me to the appropriate individuals, many who themselves were of Asian origin. Having such a diverse population reinforced the idea that having this BRG would make a tremendous difference to many in our working community. It would also be a platform to raise awareness about our culture, ethnicity, and unique traditions.

What were some of the challenges/highlights in starting the API BRG?
As I made progress for the foundational work to set-up this BRG, I met many exceptional individuals that I may not have necessarily encountered in the course of a typical working day. It was an excellent opportunity to interview executives and other subcommittee chairs for the initial team that is now established.

What does being part of the API BRG mean to you?
It started with having an ambitious plan. Being a part of this diverse group where each person makes a difference and positively impacts the Asian community at UTSW is something I am proud of. We all represent different areas, but we all have a shared vision. It is when we come together, you experience the difference this group makes.

What is your vision for the API BRG for the future?
It is to continue evolving and setting higher goals. API-BRG must keep expanding its vision to further elevate its status, making us a BRG that new members are enthusiastic about joining. I want to start seeing practical applications and practical differences in the UTSW community through the activities that we offer. We have a very dynamic group. We can only grow into something much bigger where we foster networking, seminars, health webinars, continuing education, and other ideas.

What would you say to encourage a new potential member who is undecided about joining this group?
We look forward to seeing you as part of our group. API-BRG is inclusive, and we welcome everyone. Share your ideas and your feedback with us. Your opinion matters to us, and we encourage you to come and make a difference through our BRG group. Together, we can say we are UTSW strong.
CELEBRATING TRADITIONS

Thank you to our API-BRG member, Archana Mainali for sharing photos of her family. They are celebrating a Hindu festival called Dashain and Tihar. This festival is celebrated in Nepali culture and usually takes place in October.