



# BayLeaf

Waycross College Library

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## Chicken Adobo Soup with Bok Choy

- 1/3 cup reduced sodium soy sauce
- 1/3 cup rice vinegar
- 2 cloves garlic, sliced
- 1 bay leaf
- 1 teaspoon olive oil
- 1/2 yellow onion, chopped
- 4 cups chicken stock or broth
- 1 1/2 cups skinned and shredded roasted or boiled chicken breast meat
- 1/2 cup uncooked wholemeal couscous or 1 cup cooked brown rice
- 1/2 lb baby bok choy halved lengthwise and sliced crosswise 1/2" wide
- 2 green onions, incl. tender green tops, thinly sliced

In a small sauce pan, combine soy sauce, vinegar, garlic, and bay leaf over medium-high heat. Heat the mixture until it just comes to a boil. Remove the heat and set aside.

In a large saucepan, heat the olive oil over medium heat. Add the yellow onion and sauté until soft and lightly golden, about 6 minutes. Add the chicken stock and bring to a boil. Add the soy sauce mixture, chicken, and couscous. Return to a boil, reduce heat to medium and simmer for 2 minutes. Add the bok choy and simmer until the bok choy is tender, about 2 minutes. Discard the bay leaf.

Ladle into warmed individual bowls and garnish with the green onions. Serve immediately.

This and other great recipes can be found in the *The New Mayo Clinic Cookbook* offered by Oxmoor House. Waycross College Library has many more cookbooks to offer its patrons as well so come in and take a look!

## Introducing....

### PIN ACCESS TO YOUR LIBRARY ACCOUNT

- Starting January 15, you will need a PIN (Patron Identification Number) to get into Your GIL Account to request loans from other libraries, to renew books online, to check your account for fines, fees, and other activity, and to request the GALILEO password. PINs will increase the security of your library account.
- How to get your PIN:
  1. From the library homepage, go to "Access My GIL Account."
  2. Enter your 933# and your last name.
  3. Click the "Get My Pin" link.
  4. The PIN will be sent to your email address.
- You can change the PIN after you log in with your assigned PIN.
- PINs must be 5-12 characters. Letters and numbers only. (No special characters.)
- [Library staff can no longer access patron accounts to renew GIL Express items for you](#), but we will be glad to help you access your account.

### Waycross College Library Temporary Hours of Operation M- F 8am-5pm

Staff services available include:  
 Check in/out books and materials  
 Send/receive GIL Express items  
 Update your account information  
 Retrieve books and magazines from closed area  
 Current newspapers  
 Copy machine (10 cents per copy)

At this time no computers are available in the library. Please use the computers in Labs 112C, 117C, and 132C located in the Educational building or the ASC in the Student Services building)



## New Students!

Remember to get your student ID card from Nancy Allen in Student Services in the Dye Bldg. This serves as your library card.