



A nutrition Fact Sheet



Who Needs Takeout? Make Your Own Chinese Food!

Food is a central part of the Chinese New Year, which is based on an ancient lunar calendar. The Chinese philosopher Confucius was quoted as saying, "Food is the first happiness." Chinese people believe certain foods help to bring favorable outcomes to your family.

- Chicken brings prosperity and joy.
- Noodles represent a long, happy life.
- Vegetables and tofu bring harmony and prosperity.
- Oranges or tangerines are symbols for abundant happiness.

Take this opportunity to use Chinese phrases by having everyone say please and thank you during the meal. Qǐng (pronounced "Ching") means please and Xièxiè (pronounced "shay-shay") means thank you.

The recipes below are guaranteed to bring happy aromas to your kitchen!

Vegetable and Chicken Stir Fry

Yield: 6 servings • Serving Size: 2/3 cup stir fry and 1/2 cup rice

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| 1 Tablespoon oil | 3 cups chopped vegetables, fresh, frozen, or canned* |
| 2 teaspoons peeled and minced ginger root | 2 Tablespoons soy sauce |
| 1 clove garlic, peeled and minced or 1/8 teaspoon garlic powder | 1/4 cup balsamic vinegar |
| 1 cup cooked, cubed chicken (1/2 inch cubes) | 1/2 teaspoon sugar |
| | 3 cups cooked brown rice, warm or hot |

* Nutrition Facts label shows information for 1 cup chopped carrots, 1/2 cup chopped celery, 1 cup chopped onion, and 1/2 small can water chestnuts, chopped for the 3 cups of vegetables.

1. Heat oil in large skillet over medium heat. (300°F in an electric skillet.)
2. Add ginger root, garlic, chicken, and vegetables. Stir fry for 1 minute.
3. Reduce heat to prevent scorching. Add sugar.
4. When vegetables are tender, remove pan from heat. If vegetables are firm, add 1-2 Tablespoons of water, cover, and cook for 2 more minutes or until tender.
5. Serve over the warm or hot brown rice.

Nutrition Facts	
6 servings per container	
Serving size	2/3 cup stir fry & 1/2 cup rice (209g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 430mg	19%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 283mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Noodles in Creamy Peanut Sauce

Yield: 4 servings • Serving Size: ¾ cup

8 to 10 ounces dry whole wheat spaghetti noodles

½ cup peanut butter

½ cup chicken broth

¼ cup reduced sodium soy sauce

1 Tablespoon chopped garlic **or** ¼ teaspoon garlic powder

1 Tablespoon chopped ginger root **or** ¼ teaspoon ginger spice (see box)

2 Tablespoons sugar

1 Tablespoon red wine or apple cider vinegar

1. Cook spaghetti noodles according to package directions. Drain in a colander or strainer and rinse noodles under cold water. Drain again.
2. In a saucepan mix together all the ingredients except the noodles and cook over low heat. Stir until smooth.
3. Transfer noodles to a bowl and pour the peanut sauce over the noodles. Toss lightly until just mixed. This dish can be served hot or cold.

Nutrition Facts

4 servings per container
Serving size ¾ cup (241g)

Amount per serving

Calories 440

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	22%
Total Carbohydrate 65g	24%
Dietary Fiber 8g	29%
Total Sugars 9g	
Includes 5g Added Sugars	10%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 3mg	15%
Potassium 404mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

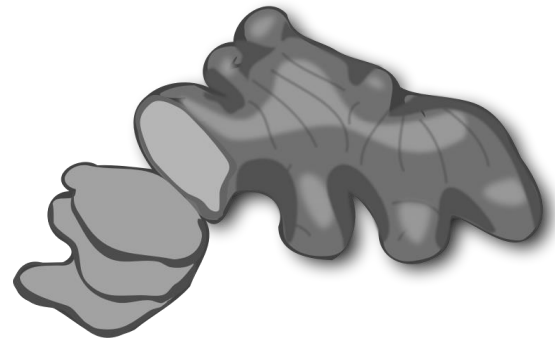
Ginger root

This pungent root can be found in the produce section of most grocery stores. It is generally light brown and should have a smooth look to it. You can break off a small portion, about the size of your thumbnail, which will be less than 25 cents.

Store ginger in a baggie in your refrigerator. Ginger can also be frozen.

To use, scrape or cut off skin, slice very thin slices of ginger, and mince the slices into tiny pieces. A little goes a long way!

Ginger spice (ground ginger) can be substituted for ginger root. If a recipe calls for 1 Tablespoon fresh ginger, use ¼ teaspoon ground ginger.



Ginger root



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This institution is an equal opportunity provider.

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