



A Nutrition Resource



## WHO NEEDS TAKEOUT? MAKE YOUR OWN CHINESE FOODS

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, and oranges or tangerines are symbols for good fortune and luck (Gehrmann. "Food Symbolism during Chinese New Year Celebrations.")

Take the opportunity to use Chinese phrases by having everyone say please and thank you during the meal.

- Please- Qǐng (pronounced "Ching")
- Thank You- Xièxiè (pronounced "shay-shay")

Check out more Chinese food recipes at <https://buyeatlivebetter.org>



### 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 outer skin.

**TO STORE** Keep ginger in a baggie in your refrigerator. Ginger can also be frozen.

**TO USE** Use the edge of a spoon to scrape the skin off, 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 of ground ginger.

Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)



MONTANA  
STATE UNIVERSITY

EXTENSION

## Vegetable and Chicken Stir Fry

Yield: 6 Servings | Serving Size: 2/3 Cup Stir Fry, 1/2 Cup Rice

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

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

Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)



**MONTANA**  
STATE UNIVERSITY

EXTENSION