

2021 新年快樂

Healthy foods for ringing in the Chinese New Year.

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Lunar New Year, also known as Chinese New Year, begins on February 12, 2021. Celebrations centralize around food, which often symbolize luck, fortune and prosperity. Depending on the preparation, these traditional dishes can also be full of nutritional benefits. Here are some healthy food options to ring in the year of the Ox!

Delicious dumplings. A staple for many households, small spoonfuls of meat are enclosed in dumpling wrappers which symbolize good fortune. For less fat, enjoy either steamed or boiled, instead of deep fried.

Long life noodles. Also known as “longevity noodles,” it is believed that the longer the noodle, the longer your life! Consider using buckwheat or lentil-based noodles, which are higher in protein and fiber.

Good fortune fruit. Appreciated for their round and golden color, mandarin oranges and tangerines symbolize abundance and fortune. These can be prepared as gifts and eaten for dessert following the meal.

Buddha’s delight. Known as “jai,” this popular vegetarian dish consists of a medley of stir-fried vegetables and tofu. Full of plant-based protein and fiber, it is often eaten at the start of the new year to usher in good luck.

Steamed fish and chicken. These traditional dishes represent wholeness and family. Both lean protein choices are often presented in their whole form: head, claws and fins intact!

Tea. Green tea, oolong tea and pu’er tea may help to aid in digestion after eating a large meal. These antioxidant rich beverages are great alternatives to sugary beverages.

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BUDDHA’S DELIGHT Chinese Vegetable Stew

(www.chinasichuanfood.com)



- 1/2 head broccoli cut into small sections
- 2 tbsp. vegetable oil
- 2 garlic cloves sliced
- Wood ear mushrooms pre-soaked and well washed
- 4 fresh Shiitake mushrooms cut into small cubes
- 1/2 cup beech mushrooms
- 1/2 cup white beech mushrooms
- 5 fried tofu cut into halves
- 1/2 bunch bean thread noodles pre-soaked with cold water (optional)
- 1 cup water
- 2 tbsp. light soy sauce
- Snow peas cut into halves
- 1 tsp. sugar
- 1 tsp. cornstarch + 2 tbsp. water
- 1 tbsp. sesame oil

1. In a large pot, bring enough water to a boil, then blanch broccoli for 20 seconds. Transfer out.
2. Heat oil in wok and fry garlic until aromatic. Add wood ear and all fresh mushrooms. Fry for 1 minute until almost soft.
3. Add in fried tofu and soaked bean thread noodles. Pour in water, then add light soy sauce. Simmer for 30 seconds. Add blanched broccoli and snow peas.
4. Stir in the starch water and continue cooking until sauce is slightly thickened.
5. At last, add sesame oil. Mix well and serve hot.



YEAR of the OX

