



## Extension Nutrition Programs

### FSNEP/EFNEP

## *Tastes From Around the World*

February 9<sup>th</sup>, 2005 is Chinese New Year. Food is a central part of this Chinese celebration that is based on an ancient lunar calendar. The Chinese philosopher Confucius was quoted as saying,

*"Food is the first happiness."*

Chinese 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. "Ching" means please and "shay-shay" means thank you.

Beat the winter doldrums with a menu of Egg Drop Soup, Mahogany Chicken, Noodles in Creamy Peanut Sauce, and orange wedges for dessert. The recipes below are guaranteed to bring happy aromas to your kitchen!

#### *Egg Drop Soup (serves 4)*

4 cups chicken broth  
 ½ teaspoon soy sauce  
 ½ teaspoon sugar  
 1 egg  
 1 teaspoon cornstarch  
 1 Tablespoon water  
 2 chopped green onions, white and green part (optional)

Heat the broth, soy sauce and sugar in a small pot over medium heat. In a separate bowl, scramble the egg. In a small cup, mix the cornstarch with the cold water. When the broth is boiling add the cornstarch mixture and stir until slightly thickened. Remove pot from the heat. Slowly add the beaten egg to the broth, stirring constantly. You may add chopped green onion before serving.

## Mahogany Chicken \*

(serves 4)

Juice of ½ lemon (or ¼ cup)  
2 Tablespoons molasses  
2 garlic cloves, chopped fine  
2 teaspoons Worcestershire sauce (optional)  
4 chicken thighs

Combine the first 4 ingredients in a bowl. Add chicken thighs. Cover with plastic wrap (or lid) and marinate in the refrigerator for 1 hour. Preheat oven to 425 degrees. Remove chicken from marinade and arrange chicken in a baking dish that has been lined with foil (this will make clean-up easier). Pour the rest of the marinade over the chicken pieces. Bake chicken for 40 minutes or until chicken is no longer pink and juices run clear when pierced with a fork.

**\* Start the chicken dish first as it takes the longest to prepare.**

### **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. Ginger can be stored in a baggie in your freezer.

To use, slice very thin slices of ginger and then mince the slices into tiny pieces. A little goes a long way!

Ginger spice can be substituted for ginger root.

## Noodles in Creamy Peanut Sauce

(serves 4 to 6)

½ cup peanut butter  
½ cup chicken broth  
¼ cup soy sauce  
1 Tablespoon chopped garlic  
    **or** 1/4 teaspoon garlic powder  
1 Tablespoon chopped ginger root  
    **or** 1/2 teaspoon ginger spice  
    (see box)  
2 Tablespoons sugar  
1 Tablespoon red wine or apple cider vinegar  
8 to 10 ounces dry spaghetti noodles



Cook spaghetti noodles according to package directions. Drain in a colander or strainer and rinse noodles under cold water. Drain again. In a saucepan mix together all the ingredients except the noodles and cook over low heat. Stir until smooth. 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.

## Cucumber Salad

1 Tablespoon apple cider vinegar  
1 Tablespoon water  
1 teaspoon sugar  
1/4 teaspoon salt  
1 cucumber, peeled, seeded and sliced on the diagonal into ¼" thick slices  
½ small red onion, chopped

In a medium bowl, combine the vinegar, water, sugar and salt. Stir to dissolve sugar and salt. Add the cucumber and onion. Stir to coat with the dressing and serve.

---

FSNEP is brought to you by the national Food Stamp Program, USDA; Montana Department of Public Health and Human Services; and, Montana State University Extension Service.

The programs of the Montana State University Extension Service are available to all people regardless of race, creed, color, sex, handicap or national origin.

Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Dr. Douglas Steele, Vice Provost and Director of Extension, Extension Service, Montana State University, Bozeman, MT 59717.