



United States Department of Agriculture

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# **MyPlate** **KITCHEN**

## **Lunar New Year**

# Apple Carrot Soup

Make: 8 servings

## Ingredients:

1 pound pork (lean, cut into chunks)  
4 apples (with skin, cored and quartered)  
4 carrots (large, peeled and cut into chunks)  
1 orange peel (dried, 1 teaspoon, optional)  
4 slices ginger  
1/2 teaspoon salt  
20 cups water

## Directions:

1. Wash hands with soap and water.
2. In a large pot over high heat, combine all ingredients, bring to a boil.
3. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
4. Skim fat from surface and serve.
5. Store leftover soup covered in refrigerator for up to 3 days.

# Stir Fried Beef

Make: 6 servings

## Ingredients:

- 1 1/2 pounds steak (sirloin)
- 2 teaspoons vegetable oil
- 1 garlic clove (minced)
- 1 teaspoon vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 onions (large, sliced)
- 1 tomato (large, sliced)
- 3 cups potatoes (boiled, diced)

## Directions:

1. Wash hands with soap and water.
2. Trim fat from steak and cut steak into small, thin pieces.
3. In a large skillet, heat oil and sauté garlic until garlic is golden.
4. Add steak, vinegar, salt, and pepper. Cook for 6 minutes, stirring beef until brown.
5. Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes.

# Baked Tofu

Make: 4 servings

## Ingredients:

- 2 tablespoons soy sauce, reduced sodium
- 1 clove garlic (minced, or 1/4 teaspoon garlic powder)
- 1 teaspoon fresh ginger (minced, optional)
- 1 teaspoon vegetable oil
- 1 package tofu (firm or extra firm, water packed, 14 ounces, drained)

## Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 °F. Line a rimmed baking sheet with foil.
3. Drain water from tofu. Wrap tofu in paper towels. Let set for about 5 minutes.
4. While tofu is draining, combine soy sauce, garlic, ginger and vegetable oil in a small bowl.
5. Slice tofu into 1/2 inch thick slices. Place tofu slices on foil lined baking sheet.
6. Pour soy sauce mixture over tofu. Using a spatula or pancake turner, gently turn slices over to coat both sides with sauce.
7. Bake tofu for 15 minutes. Turn slices over and bake for another 15 minutes. Tofu should be light golden brown and firm.
8. Serve hot in place of meat or cut into slices or cubes and add to a stir-fry, fried rice, soup, or salad.

# Fried Rice

Make: 6 servings

## Ingredients:

2 tablespoons vegetable oil  
3 cups cooked brown rice  
1 carrot (cut into 1/4-inch slices)  
1/2 bell pepper (chopped)  
1/2 cup chopped onion  
1/2 cup chopped broccoli  
2 tablespoons soy sauce, low-sodium  
1/2 teaspoon black pepper  
1 teaspoon garlic powder  
2 medium eggs, beaten  
3/4 cup cooked bite-size pieces of chicken

## Directions:

1. Wash hands with soap and water.
2. Heat oil in a large skillet over medium heat.
3. Add rice and stir for 5 minutes.
4. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender.
5. Remove mixture from pan.
6. Pour eggs into pan and scramble.
7. Put vegetable mix and rice back in the pan and mix with scrambled eggs.
8. Add chicken and cook until hot.
9. Refrigerate leftovers.

# Five Happiness Fried Noodles

Make: 5 servings

## Ingredients:

10 cups water  
1 pound egg noodles  
1 tablespoon olive oil (or vegetable oil, divided)  
3 cups bean sprouts  
1 cup bamboo shoots (julienned sliced thinly in strips)  
1/2 cup carrots (shredded)  
1/2 cup dried shiitake mushrooms (soaked, stems removed, and julienned)  
2 green onions  
1/2 teaspoon salt  
1 teaspoon sugar  
1 tablespoon soy sauce, reduced sodium

## Directions:

1. Wash hands with soap and water.
2. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or "al-dente," approximately 5 - 7 minutes, drain and set aside.
3. Heat a non-stick wok or pan over high heat. Add 1/2 tablespoon oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.
4. Add remaining 1/2 tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.
5. Return noodles to the wok, add salt, sugar and soy sauce.
6. Stir to combine and serve.

# Mixed Fruit Salad

Make: 6 servings

## Ingredients:

- 1 can mandarin oranges, drained
- 1 can fruit cocktail, drained
- 1 can pineapple chunks, drained
- 2 apples (chopped)
- 1 banana (sliced)

## Directions:

1. Wash hands with soap and water.
2. Mix all ingredients together.
3. Cover and chill until ready to serve.
4. Refrigerate leftovers.