

# Recipe Finder

# Cookbook



Chinese New Year



# Baked Tofu

Yield: 4 servings

## Ingredients

- 2 tablespoons soy sauce
- 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, 16 ounces, drained)

## Instructions

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

## Nutrition Facts

Serving Size 2 slices, 1/4 of recipe (124g)  
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
<b>Calories</b>	100	<b>Calories from Fat</b>	40
<b>Total Fat</b>	4.5g		7%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	710mg		30%
<b>Total Carbohydrate</b>	4g		1%
Dietary Fiber	0g		0%
Sugars	1g		
<b>Protein</b>	9g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000    2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat	9 • Carbohydrate
			4 • Protein
			4

## Source

Montana State University  
 Extension Service, [Montana Extension Nutrition Education Program Website Recipes](#)

# Five Happiness Fried Noodles

Yield: 5 servings

## Ingredients

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

## Instructions

1. 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.
2. 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.
3. Add remaining 1/2 tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.
4. Return noodles to the wok, add salt, sugar and soy sauce. Stir to combine and serve.

## Nutrition Facts

Serving Size 1 1/2 cup (766g)  
Servings Per Container 5

Amount Per Serving			
Calories	290	Calories from Fat	60
		% Daily Value*	
<b>Total Fat</b>	6g		<b>9%</b>
Saturated Fat	1g		<b>5%</b>
Trans Fat	0g		
<b>Cholesterol</b>	45mg		<b>15%</b>
<b>Sodium</b>	470mg		<b>20%</b>
<b>Total Carbohydrate</b>	50g		<b>17%</b>
Dietary Fiber	5g		<b>20%</b>
Sugars	6g		
<b>Protein</b>	11g		
Vitamin A	40%	Vitamin C	20%
Calcium	6%	Iron	20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

## Source

Chinatown Public Health Center,  
San Francisco Department of  
Public Health, [Healthy & Delicious--Simple Ways to Low Fat Chinese Cooking](#)

# Fried Rice

Yield: 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	eggs, beaten
3/4 cups	cooked bite-size pieces of chicken

## Instructions

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

## Nutrition Facts

Serving Size 1 cup, 1/6 of recipe  
(183g)  
Servings Per Container 6

Amount Per Serving		% Daily Value*	
<b>Calories</b>	220	<b>Calories from Fat</b> 70	
<b>Total Fat</b>	8g		<b>12%</b>
Saturated Fat	1.5g		<b>8%</b>
Trans Fat	0g		
<b>Cholesterol</b>	75mg		<b>25%</b>
<b>Sodium</b>	280mg		<b>12%</b>
<b>Total Carbohydrate</b>	27g		<b>9%</b>
Dietary Fiber	3g		<b>12%</b>
Sugars	1g		
<b>Protein</b>	10g		
Vitamin A	40%	•	Vitamin C 25%
Calcium	4%	•	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

## Source

Colorado State University and University of California at Davis. [Eating Smart Being Active](#) Recipes.

# Mixed Fruit Salad

Yield: 6 Servings  
 Prep time: 10 minutes

## Ingredients

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

## Instructions

1. Mix all ingredients together.
2. Cover and chill until ready to serve.
3. Refrigerate leftovers.

## Nutrition Facts

Serving Size 1 cup, 1/6 of recipe  
 (182g)  
 Servings Per Container 6

**Amount Per Serving**

**Calories 100**      **Calories from Fat 0**

**% Daily Value\***

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 25g**      **8%**

Dietary Fiber 3g      **12%**

Sugars 20g

**Protein 1g**

Vitamin A 15%      • Vitamin C 35%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:      2,000      2,500

Total Fat      Less than 65g      80g

Saturated Fat      Less than 20g      25g

Cholesterol      Less than 300mg      300mg

Sodium      Less than 2,400mg      2,400mg

Total Carbohydrate      300g      375g

Dietary Fiber      25g      30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

## Source

Colorado State University and University of California at Davis. [Eating Smart Being Active](#) Recipes.

# Stir Fried Beef

Yield: 6 servings

## Ingredients

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

## Instructions

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

## Nutrition Facts

Serving Size 1 1/4 Cup (219g)  
 Servings Per Container 6

Amount Per Serving			
Calories	280	Calories from Fat	90
		% Daily Value*	
<b>Total Fat</b>	10g		<b>15%</b>
Saturated Fat	3.5g		<b>18%</b>
Trans Fat	0g		
<b>Cholesterol</b>	75mg		<b>25%</b>
<b>Sodium</b>	110mg		<b>5%</b>
<b>Total Carbohydrate</b>	20g		<b>7%</b>
Dietary Fiber	2g		<b>8%</b>
Sugars	3g		
<b>Protein</b>	27g		
Vitamin A	2%	• Vitamin C	20%
Calcium	4%	• Iron	10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

## Source

US Department of Health and Human Services  
 National Institutes of Health  
 National Heart, Lung and Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables