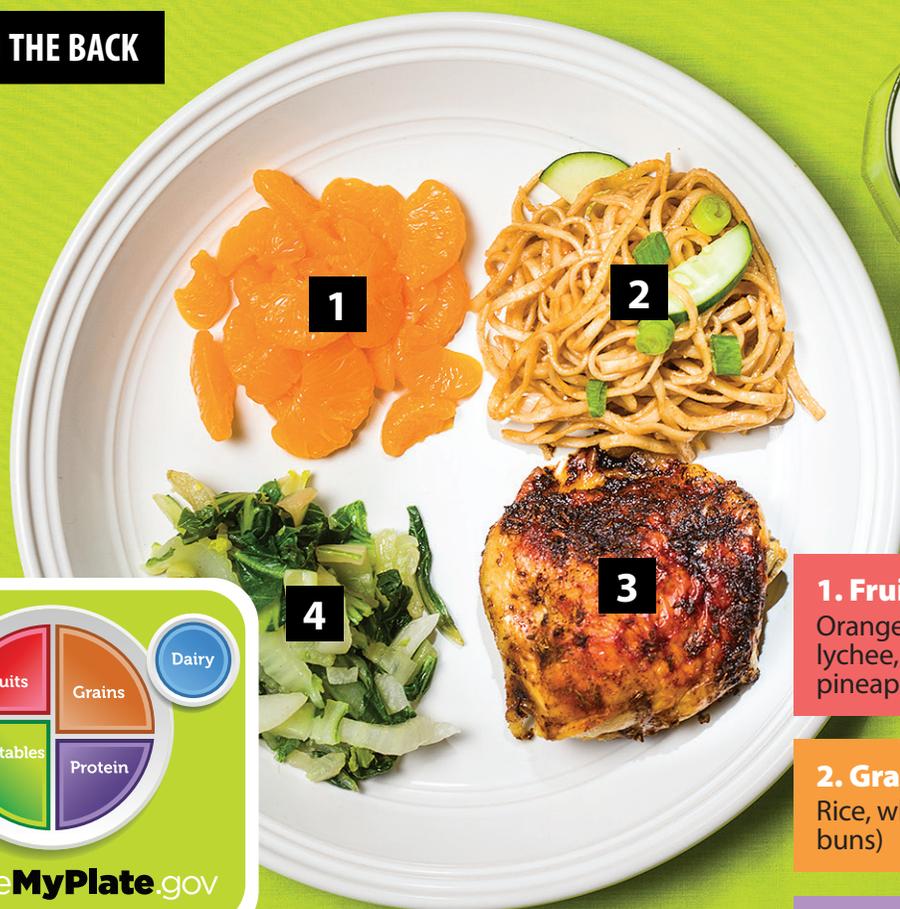
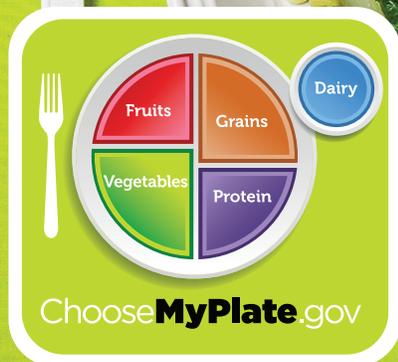


Chinese MyPlate

RECIPES ON THE BACK



1. Fruits include:

Oranges, plums, mango, papaya, lychee, melons, bananas, pineapple, cherries

2. Grains include:

Rice, wheat (noodles, steamed buns)

3. Proteins include:

Fish, seafood, tofu, soybeans, eggs, peanuts, beef, poultry, pork, lamb, tree nuts

4. Vegetables include:

Bok choy, greens, peppers, eggplant, broccoli, cabbage, onions, bean sprouts, cucumbers

5. Dairy includes:

Cow milk, goat milk, yogurt, cheese

Healthy Eating Tips

- Fruits provide vitamins and minerals
- Make **half** your plate fruits and vegetables
- **Half** of grains should be whole grains
- Choose lean meats (i.e. chicken, bean, etc.)
- Dairy foods are important for healthy bones
- Bake, grill or steam foods for a healthier preparation
- "Paint your Plate" with colorful foods
- Use canola oil instead of vegetable oil

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Chinese MyPlate Recipes

SESAME NOODLES

- ½ cup smooth peanut butter
- ¼ cup low sodium soy sauce
- 2 tablespoons dark brown sugar
- 1 tablespoon balsamic vinegar
- ½ teaspoon crushed red pepper
- 1 garlic clove, peeled and finely chopped
- 1 (1-inch) piece peeled fresh ginger, finely chopped or ½ teaspoon dry, ground ginger
- ¼ cup hot water
- 2 teaspoons salt
- 16 ounces Chinese egg noodles
- 2 tablespoons toasted sesame oil
- 1 small cucumber, halved and sliced
- 6 green onions, sliced
- ¼ cup dry-roasted peanuts, chopped

1. Make the peanut sauce: Whisk together peanut butter, soy sauce, brown sugar, vinegar, red pepper, garlic and ginger. Whisk in hot water.
2. Cook the noodles: Add the salt to a large pot of cold water and bring it to a boil over high heat. Add the noodles and cook, stirring occasionally until slightly firm. Drain and rinse under cold running water.
3. Put the noodles in a large bowl and toss with the sesame oil. Add peanut sauce and mix well. Top noodles with cucumber, green onions and peanuts.

Makes 16 servings
Serving size: ½ cup

EASY CHINESE ROAST DUCK (POULTRY)

- 4 to 5-pound fresh or thawed duckling, quartered
- 1½ teaspoon fennel seed, crushed
- ½ teaspoon each: ground cinnamon, cloves, ginger and coarse ground pepper
- 3 tablespoons low-sodium soy sauce
- 1 tablespoon balsamic vinegar

1. Rinse duckling quarters. Drain and pat dry. Discard excess fat. Pierce skin thoroughly with fork.
2. Combine spices, soy sauce and vinegar in large bowl. Add duckling quarters. Rub with mixture and let stand 30 minutes.

3. Place, skin side up, on rack in shallow roasting pan. Bake at 350 degrees F for 1 hour, 10 minutes.
4. Remove from oven. Drain off pan drippings.
5. Turn oven temperature to broil and raise oven rack 4 to 5 inches from heat. Broil quarters 2 to 3 minutes, or until skin is crisp.

Tip: Chicken thighs, turkey thighs, quail, dove, or other dark meat poultry can be substituted for duck.

Makes 4 servings
Serving size: 1 quarter duck

BOK CHOY

How to select bok choy:

Look for bok choy that is moist, plump and fresh-looking. Good quality bok choy has no yellow or brown leaves with no evidence of small holes or tears.

How to store bok choy:

Cover loosely with a plastic bag and store in the crisper. For best results, use within three days.

How to prepare bok choy:

Cut the bottom end to release the leaves. Wash and dry the bok choy. You can use either the stalk or the leaves, or both, in recipes.

Bok choy can be stir-fried, added to soups or eaten raw. When stir-frying or using in soups, add it last, since it cooks quickly. To eat it raw, slice it thinly and add to salads to add crunch. Shredded bok choy makes great coleslaw.

MANDARIN ORANGES

How to select mandarin oranges:

Select fruits that are unblemished and heavy for their size.

Avoid those with cuts, soft spots or mold. Bright color is not necessarily an indication of quality as some are dyed and some naturally have green patches, even when fully ripe.

How to store mandarin oranges:

Mandarin oranges may be stored in a cool, dark spot for a few days, but ideally should be refrigerated to extend shelf life up to two weeks.

Sesame Noodles

Nutrition Facts

Serving Size (65g)
Servings Per Container 16

Amount Per Serving
Calories 190 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 380mg **16%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 7g

Vitamin A 2% • Vitamin C 2%

Calcium 0% • 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

Easy Chinese Roast Duck

Nutrition Facts

Serving Size (121g)
Servings Per Container 4

Amount Per Serving
Calories 270 **Calories from Fat 190**

% Daily Value*

Total Fat 21g **32%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 300mg **13%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 19g

Vitamin A 4% • 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
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Fat 9 • Carbohydrate 4 • Protein 4