

# Lucky foods to ring in the Lunar New Year

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Lunar New Year, also known as Chinese New Year, began on February 1, 2022. Food is a central part of the celebrations. The dishes often symbolize luck, fortune and prosperity. Consider these traditional and nutritious dishes to ring in the Year of the Tiger! Gong xi fa cai (Happy New Year)!

**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 its round and golden color, mandarin oranges and tangerines symbolize abundance and wealth. They can be prepared as gifts and eaten for dessert.

**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’erh tea may help digestion after eating a large meal. These antioxidant-rich beverages are great alternatives to sugary drinks.



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## Good luck dumplings *(courtesy of Linda Shiue, MD)*

### Ingredients

- 4 leaves of kale, minced (in a food processor if possible)
- 2 scallions, minced
- 2 tablespoons low sodium soy sauce
- 1 pound ground turkey
- 1 egg
- 1 tablespoon sesame oil
- 1 teaspoon ground white pepper
- 1 package of prepared round dumpling wrappers
- 1 tablespoon canola oil (for pan-frying potstickers)
- 1/2 cup of water, divided (for potstickers)

### For dipping sauce

- 3 tablespoons low sodium soy sauce
- 1½ tablespoon Chinese black vinegar
- ½ tablespoon sesame oil
- 1 tablespoon finely minced scallions and ginger
- Cilantro, minced, to taste (optional)
- Chili sauce, to taste (optional)

### Directions

1. Mix all ingredients (except wrappers) in a bowl until well combined.
2. To make each dumpling, place a wrapper on a clean surface or your palm, and heap a teaspoon or two of filling into the center, depending on the size of the wrapper. Be careful not to overfill, or it will be hard to get a good seal.
3. Moisten the inside edges of the filled wrappers using your finger or a chopstick dipped into a little water, and fold over, forming crescents.
4. Press the edges together, making pleats to seal. Make sure they are well sealed, or the filling will fall out when you cook them.

### For potstickers:

1. Heat a tablespoon of canola oil in a frying pan, and place dumplings (standing up) in the pan, leaving a little room around each dumpling.
2. Add ¼ cup of cold water, then turn heat to low, and cover pan.
3. Cook on low heat for about 3 minutes, until water is almost evaporated, then add another ¼ cup of cold water, and repeat the process.
4. Dumplings are done when the water has evaporated and the bottoms have a nice golden, sticky crust (potstickers!).

### For dipping sauce:

1. Combine soy sauce plus any combination of sesame oil, chili sauce or oil, vinegar, minced scallions, minced cilantro and minced ginger to taste.