

Healthy Eating during the Holidays (A Festive Recipe is Included)



Here are some tips that can help:

- Drink lots of water
- Eat your favorite “unhealthy” foods in moderation
- Be sure to always have vegetables and fruits on your plate
- Take a walk after every meal to help digestion
- Limit your alcohol intake
- Eat slowly to control your appetite

Ingredients : (Servings 4)

- Boneless chicken thighs (skinless) 320 g)
- Taro 160 g
- Pumpkin 160 g
- Unsweetened soy milk 200 ml
- Ginger 2 slices
- Garlic (minced) 2 cloves
- Vegetable oil 1 tbsp

Marinade (for chicken thigh):

- Light soy sauce 1 tsp
- Sugar $\frac{1}{2}$ tsp
- Cornstarch 1 tsp

Seasoning:

- Salt $\frac{1}{4}$ tsp

Directions:

- Cut the chicken thighs into pieces. Mix well with the marinade for about 30 minutes.
- Rinse and peel the taro. Cut into chunks and steam for 10 minutes. Set

aside.

- Rinse and peel the pumpkin. Cut into chunks.
- Heat oil in a non-stick pan and fry the ginger and garlic. Then stir-fry the chicken.
- Add the taro, pumpkin and soy milk. Cover with a lid and braise at low heat until the taro and pumpkin chunks become tender.
- Add in the seasoning and stir-fry well.

Nutrition Analysis: (Per Serving)

- Energy 198 Kcal
- Carbohydrate 14g
- Protein 18g
- Fat 8g
- Dietary fiber 1.6g
- Sodium 300mg

Enjoy your holidays, healthy!

Source: www.elderly.gov.hk

Medical Disclaimer:

This material is not a substitute for qualified medical diagnoses, treatment, or advice. It should not be used to replace the suggestions of your personal physician or other health care professionals.