Get Up & Move!

Egg Drop Soup

Chinese New Year - February 9 through 23, 2005 – Year of the Rooster

Chinese New Year is a time for celebrating and making a fresh start. In addition to feasting with friends and family, people pay their debts, buy new clothes, and clean their houses. The color red represents happiness, prosperity, and good fortune so there are lots of red clothes and decorations. The 15-day celebration ends with the Lantern Festival when people enjoy parades and special dances.

Celebrate Chinese New Year in February with Egg Drop Soup!

2 cups chicken broth
3 Tablespoons water
1 Tablespoon cornstarch
1 egg, lightly beaten
10 to 12 fresh or frozen snow peas (thawed)
1 green onion, finely sliced
¼ cup finely chopped ham (optional)

Bring the chicken broth to a simmer over medium high heat. In a small bowl combine the water and cornstarch, stir the cornstarch mixture into the broth. Bring the broth to a boil and then remove it from heat. Slowly pour in the egg and gently stir it with a fork in one direction only, stirring slowly for long strands of egg, more rapidly for thinner shreds. Add snow peas, green onion, and ham.

Serves 4.

Nutrition information per serving:
100 calories, 3 grams fat, 60 mg. cholesterol, 1080 mg. sodium, 1 gram fiber, 10 grams protein. Using reduced sodium chicken broth or preparing your own could reduce sodium.

Optional Snack: For the less adventurous, serve fortune cookies but have members make up their own proverbs or sayings related to health, nutrition or physical fitness!