

SEASONED

Ingredients for Healthy Aging



Traditional Foods from Around the World Believed to Bring You a Lucky, Prosperous and Healthy New Year

Although the below foods vary greatly they all have the same intended purpose- to bring luck, prosperity and health in the New Year. Cheers to 2019!

Soba noodles- In Japan these noodles signify a long life, but only when they aren't broken or chewed! Slurping these noodles is the way to go.

Cornbread- Especially in the southern United States cornbread is considered a special New Year's treat because its golden color is supposed to signify prosperity in the coming year.

Pomegranate- These are considered lucky in Turkey. Their bright red color represents the human heart and therefore life; their medicinal properties represent health, and the multitude of seeds within represent prosperity.

Collard Greens- Another tradition in the southern United States is collard greens. Their bright green color symbolizes money and prosperity.

Pickled Herring- In Germany, Poland and Scandinavia eating pickled herring at the stroke of midnight is thought to ensure a year of bounty. Herring is bountiful in Western Europe and the silver color of the fish is thought to resemble silver coins.

Fish- In China any type of fish eaten for New Year's is considered lucky. Catch is you have to serve the whole fish, from head to tail. This is supposed to ensure a good year from start to end.

Pork- In many countries, including Cuba, Spain and Austria, pigs symbolize progress. Some believe this is because pigs never move backward. Vegetarian? Don't worry, pig shaped foods also symbolize progress, so go look for a pig shaped cooking cutter!

Lentils- Symbolizing growing wealth due to the way they expand when cooked and their coin-like appearance, lentils are a traditional New Year's food in Italy and Hungary.

Black Eyed Peas- Considered lucky because of their penny-like appearance and abundance these are often included in the southern United States in a dish called Hoppin' John. (See recipe below).

**Happy
New Year!**

Hoppin' John

*Eat poor that day;
eat rich the rest of
the year. Rice for
riches and peas for
peace.*

Makes 6 servings

Ingredients

1 large onion, chopped
1 cup fresh baby carrots, halved lengthwise
2 celery ribs with leaves, chopped
1 tablespoon olive oil
1 package (12 ounces) fully cooked spicy chicken
sausage links, cut into 1/2-inch slices
2 garlic cloves, minced
2 cans (15-1/2 ounces each) black-eyed peas, rinsed
and drained
2 cups chicken stock
1 bay leaf
1/2 teaspoon dried thyme
1/4 teaspoon pepper
1/8 teaspoon cayenne pepper
1 tablespoon cider vinegar
3 cups cooked brown rice
2 green onions, chopped
1 green onion, thinly sliced

Directions

1. In a large nonstick skillet, sauté the onion, carrots and celery in oil for 3 minutes. Add sausage; cook 3 minutes longer. Add garlic; cook 2 minutes longer.
2. Stir in the peas, stock, bay leaf, thyme, pepper and cayenne. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Stir in vinegar. Simmer, uncovered, 5-10 minutes longer or until carrots are tender.
3. Discard bay leaf. Combine rice and chopped green onions; divide among six bowls. Top with sausage mixture. Sprinkle with sliced green onion.



Nutrition Question?

Consult with a registered dietitian! We offer nutrition counseling to Boulder County older adults (60+) and caregivers—at no cost (donations accepted). Call to ask a question or set up an appointment:

303-678-6115

303-441-3910 En Español

Also, workshops that help support healthy living and falls prevention are available. Call 303-441-3955 for more information.

Nutrition Facts per Serving

352 calories; 22 grams protein; 48 grams carbs; 7 grams fiber; 8 grams fat; 2 grams saturated fat; 817 mg sodium



Information & Assistance for Aging Well

303-441-1617

www.BoulderCountyAging.org