



# 2019-2020 TEEN HEAL INTERNS REFLECTIONS







# 2019-2020 INTERNSHIP PROGRAM INTRODUCTION

Healthy eating and active living are key components to maintaining a healthy body, mind, and soul. The Teen Healthy Eating and Active Living (HEAL) Internship Program, co-sponsored by Chinatown YMCA, is designed to empower youths to improve their nutritional and physical well-being, as well as fostering leadership skills. The Teen HEAL Internship Program is funded through the Chinese Community Health Care Association (CCHCA) grant, which strives to improve the health of those within the Chinese community. Applicants were recruited through various high schools, Chinese clubs, and the Community Improvement Service. The most qualified applicants were selected to become Teen HEAL interns. The program ran from July 2019 to June 2020.

During the internship, interns were taught 8 nutrition skills: building a healthy plate, shopping smart, making healthy snacks, eating out right, managing your weight, staying active, exploring the benefits of organic food and vegetarianism, managing stress, and healthy cooking. They also learned various leadership skills, such as program planning, goal setting, public speaking, communication strategies, and social awareness. Interns utilized their nutrition and leadership training to serve their peers by leading a HEAL club at their schools to promote healthy cooking, healthy eating habits and active lifestyles.

Congratulations to the following 13 interns :

CURTIS CHAN / 陳浩然

YANYU CHAN / 陳彥宇

GREGORY CHEN / 陳敬林

JULIANA CHEN / 陳凱欣

CONNIE CHENG / 鄭凱琳

WENDY DENG / 鄧焯煒

SALLY GUAN / 關穎莎

ANGEL LAM / 林詠虹

BELLA LI / 李嘉茵

NICOLE READ / 尹碧莉

GIN WU / 吳靜怡

SHIEANA XIE / 謝麗雅

IRIS ZHU / 朱寶雯





# FOREWORD

by Catherine Wong M.P.H., R.D.

Dear HEAL interns,

Congratulations on graduating from our 2019-2020 Teen HEAL program. You are all very precious to me as my first class of Teen HEAL interns. We have made so many great memories together - I still remember our first training last July when we all made energy bars from only bananas, oatmeal, nuts and dry fruits, and the pan was almost gone by the end!

In the last year of training on nutrition, healthy cooking and leadership skills, I have seen you blossom into more confident individuals—all equipped with the power to improve your healthy lifestyle habits! I am impressed by your creativity, diligence and perseverance during the pandemic. Despite moving to virtual trainings since March due to COVID-19, we still met and exceeded the objectives for the internship.

When I read your testimonials, I was touched and encouraged by all the changes you have made for a healthier lifestyle. Now you are shopping in a healthy manner, reading nutrition labels, and substituting healthier ingredients when cooking. I am happy to know that you have learned the correct principles for weight management, know how to eat right, and increased your exercise level. As our life journey speakers emphasized the importance of taking chances, risks, and sometimes trying the unexpected, I hope you do the same in your next steps forward. I am glad that you are able to get to know yourself more, and our program has inspired you to continue pursuing your interests and put your best effort in to achieve your life goals.

I am impressed by the dedication many of you have put into the program, from participating in the KTSF television interviews, learning to do public service announcements, and teaching at Chinatown YMCA leadership trainings.

“Knowing Is Not Enough; We Must Apply. Wishing Is Not Enough; We Must Do.” – Johann Wolfgang Von Goethe

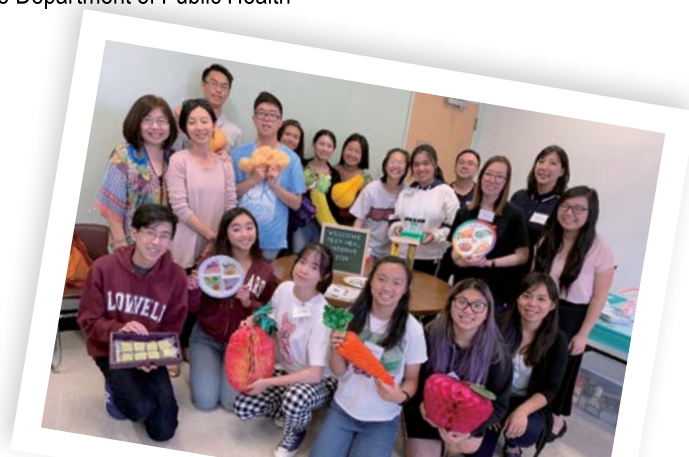
This piece of wisdom is one of my favorite quotes. I want to challenge you to apply what you have learned and take action toward success!

I am so proud of each of you for sharing your champion stories and creating your own healthier recipes for this booklet. I strongly believe you will be able to continue to live a healthy lifestyle by practicing what you have learned in the Teen HEAL program. You will always hold a special place in my heart as my first year interns, and remember that you can always contact me with any questions.

Stay healthy! Make wise decisions in life! Stay connected!

With lots of love,

Catherine Wong, M.P.H., R.D.  
Nutrition Manager  
Chinatown Public Health Center  
San Francisco Department of Public Health



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# INSPIRING WORDS

by Hali Hammer M.D.

Congratulations Teen HEAL interns,

It is so inspiring to see the work that you all are doing in the Teen HEAL internship program as peer leaders to help improve the health of the youth in our community. Teen HEAL is an innovative program where young people gain knowledge, experience, and leadership skills, applied during their internship to helping to address the problems of obesity, diabetes, and limited physical activity among teens in our community. Teens and young adults are at particular high risk of these problems because of a myriad reasons: they often lack access to healthy food, their busy schedules makes them miss meals and rely on fast food and snacks, unhealthy food is often more affordable than the healthy alternative, and teens are heavily susceptible to marketing promoting unhealthy food and drinks.

The Teen HEAL program introduces young people to key information about nutrition and healthy eating, giving them the tools to shop, eat, and cook wisely. At the Healthy Cooking symposium in September of 2019, it was great to meet you, learn about the program, and observe all you had already accomplished after only one month of the internship. You were already clearly making an impact on your friends, family, and community.

It's great to see that Teen HEAL has been able to continue during shelter-in-place, with online trainings and group activities. Throughout this year, you have worked hard to complete the HEAL curriculum and utilized your nutrition and leadership skills to serve your peers by leading Teen HEAL clubs at three high schools, teaching other teens at YMCA and on Zoom, and promoting healthy cooking, healthy eating habits, and the benefits of an active lifestyle.

I am proud of how much this Teen HEAL program has achieved in just the first year and am excited to try the wonderful recipes you have created in this booklet. I also want to thank Chinatown Pub-

lic Health Center and especially Catherine Wong whose exemplary leadership and vision is the "secret sauce" which helps make Teen HEAL such a successful program.

Please stay healthy and strong during this complicated and challenging time. We are excited to see how you will continue applying the healthy lifestyle skills that you learned in Teen HEAL in your future endeavors and continue to make a positive impact in your community!

*Hali Hammer*

Hali Hammer, M.D.

Director of Ambulatory Care

San Francisco Health Network

SF Department of Public Health







# INSPIRING WORDS

by Sunny Pak M.D., M.P.H.

Dear Teen HEAL Interns,

Congratulations on completing the Teen HEAL program to the thirteen graduating interns from five different high schools in San Francisco, and the four who will continue with us as second year interns!

Reading through your testimonials, I am so proud to see how far you have come in applying the skills and knowledge you have learned, to your personal life—from developing better sleeping habits to creating healthier versions of your favorite recipes. Whenever I drop by to visit your trainings in the health center, I am reminded of the impact this program has on teens throughout the Bay Area. Just recently, I had the honor of tasting some of the recipes featured in this yearbook, which has shown me exactly how much you have achieved since you first joined the program. Being able to modify recipes yourselves with a purpose is a great achievement! I was especially impressed with the custard tart, using banana and oatmeal to create the tart shell as a substitute for the traditional high fat ingredients. Throughout this past year, you have brought better health to over 150 teens by establishing Teen HEAL clubs in three high schools, conducting club meetings, community events and trainings. That is simply phenomenal!

Despite our need to shelter-in-place during the COVID-19 pandemic, Catherine and Vivian have done an excellent job in developing this program to be both educational and interactive for teens and youth. Not only have they made great efforts to continue the internship through Zoom meetings and promote the program through KTSF, they have also branched out to start a monthly Zoom HEAL Club, so that teens and young adults from anywhere in the world can learn more about creating a healthy lifestyle. I look forward to seeing how the Teen HEAL program will evolve in the future, and how the interns in the program will continue to inspire others in their community to lead healthier lives.

Best Wishes,

*Sunny Pak*

Sunny Pak, M.D., M.P.H.

Acting Medical Director

Chinatown Public Health Center





# INSPIRING WORDS

by Shelley Fung-Yeung M.D.

Dear TEEN HEAL interns,

Thank you for all of your active participation in our first year of TEEN HEAL internship program. We kicked off our training in September 2019 with Catherine, Vivian, and Martin Yan at San Francisco Chinese Alliance Church. I gave my first lecture on “The importance of nutrition”. I told you that you would very likely forget most of the things I taught you, but just try your best to remember “BMI goal < 23” in Asian Americans and make it your own goal to stay healthy in all stages of life.

Nonetheless, 2019-2020 is unforgettable to all of us. In 2019, we cooked, ate and laughed together as a team. But COVID-19 changed all of our lives in 2020. Social distancing and safety measures have drastically altered how we learn, play, communicate, and celebrate. However, COVID-19 cannot stop us from sharing and learning from each other. We had our first Zoom lecture in 2020 to learn about the history of the 1918 Flu pandemic and we examined the similarities of the two pandemics 100 years apart. COVID-19 neither held back your talent in making all those white, green and black steam buns at home and cannot stop us from sharing via Zoom. Your passion in cooking has never ceased but instead continues to grow during the pandemic.

For many of you who are high school seniors, the COVID-19 global pandemic has robbed you of a defining moment in your lives and rites of passage many of you may have been looking forward to for years: proms, final sports seasons, graduation day ... You may feel frustrated, angry, anxious, and sad regarding all these unexpected losses. However, I would like to assure you that your hard work and dedication to become the first group of Teen HEAL leaders is an unprecedented achievement. COVID-19 in fact is the good time for you

to practice what you believe in and what you have been trained for. Healthy eating and exercises are particularly important in keeping our immune system strong. The new skills you have acquired over last year will prepare you to stay in top condition. I am sure you will never forget how to build a healthy plate with a generous amount of whole grains, vegetables and fruits. There is no doubt that you will go to bed early, limit your screen time, exercise, and practice positive stress management to keep yourself both mentally and physically healthy. You are now well equipped to be leaders in promoting the importance of health and nutrition as a priority during and even after the coronavirus pandemic.

COVID-19 is an invisible force that changes our lives but it cannot silence your creativity or lessen your achievements. Nothing can. Nothing can change our determination to make healthy life choices. We are in charge of our own schedule and ultimately in charge of what we learn, our body and our health. Now it is a perfect time to practice. Let's change the world together to a healthier world. And TEEN HEAL interns, please remember, we are proud of you and we are always here to support you through your adventure in your very own life journey.

May God bless you and your family. Stay healthy, be safe, and be well.

With lots of love,

*Shelley Fung-Yeung*

Shelley Fung-Yeung, M.D.

UCSF Associate Clinical Professor





# INSPIRING WORDS

by Denise Hung & Andy Chu



Dear TEEN HEAL Interns,

We wanted to take the time to acknowledge all your hard work and commitment you have put into the TEEN HEAL Program. Taking the initiative to further your learning and enrichment journey speaks volumes to the kinds of amazing things you can accomplish. With the mix of hard work, grit, and conviction you have learned along the way, I hope you come to understand that you are unstoppable.

In our interrupted year, you made your way to the Chinatown YMCA a handful of Friday nights to learn about your personality types: otter, golden retriever, lion, or beaver, you honed your communication skills, talked about overcoming obstacles, and perhaps set some goals. I must say, you otters are such a talkative handful! We had some great healthy dinners under the guidance of Catherine, and even opened the Lunar New Year together as a true community. Some of you presented your knowledge of healthy snacks with your peers. Though we wish there was more time to intermingle and gain a deeper connection with everyone, we understand that even in the briefest of moments, there is meaning.

Throughout the unforeseen circumstances of the global pandemic, your lives have changed. You put a hold on your daily routines, you tread slower from precautions and the emotional toll was; you missed friends, felt anger from parental miscommunications, and even felt lonely at times. This is all valid. The belief in hope makes these emotional heavy weights temporary. I see hope because the promise of a better future is evident in the allyship you have formed in your TEEN HEAL community, in the way you are surrounded by caring adults, in the grit you have shown to prepare yourself for the uncertainty of tomorrow, and in the way you are kind to one another. This is the community you have created and through this community, please realize that you also hold the ability to mold and shape others.

To quote a distinguished figure in the fitness world:

*"There is no self-made man/woman. I did not get here on my own. I don't believe in the self-made man/woman. Why I want you to understand that is because, as soon as you understand that you are here because of a lot of help; then you will also understand that now is the time to help others."*

-Arnold Schwarzenegger

Good luck and be kind,

Your Friends at the Chinatown YMCA

*Denise Hung*  
Denise Hung  
Camp and Teen Director

*Andy Chu*  
Andy Chu  
Associate Executive Director





# INSPIRING WORDS

by Vivian Wong R.D.

Dear Teen HEAL Interns,

You have all done a tremendous job the past year in the Teen HEAL internship program to improve your eating habits and inspire others to make healthier lifestyle choices.

Throughout the internship, we have covered many nutrition topics, specifically focused on eight major nutrition skills. Starting from the basics, we learned about building a healthy plate and increasing fruits and vegetables intake to five cups per day. From there we learned about reading food labels in order to make smarter shopping choices, which many of you have mentioned in your testimonials. I also hope you will remember to limit added sugar from boba and other sweet drinks.

As we progressed through the internship, we began talking more about specific foods to increase and others to limit. Just remember the three R's when snacking— reduce (size and frequency of snacking), replace (unhealthy snacks with healthier alternatives) and refuse (to snack out of boredom) which we have explored with recipes that we prepared through the internship. We have also talked about making healthy dining options when eating out, focusing on the 80-20 rule by only eating 80% of your meal whenever you dine out. I am happy to see many of you have incorporated these healthy eating habits into your daily life and taking on other hobbies to keep yourself busy.

Weight management is very important these days, especially since most of us have been staying at home now, making it harder to exercise and stay away from unnecessary snacking. While it might not be safe to play basketball with your friends, a 15-minute workout video from Youtube can also be beneficial to your weight

and mental health. You may also find yourself more easily stressed which is why it is important to maintain good sleeping and eating habits. Talking with friends and meditating can also help you relax your mind and body.

I am impressed by all the healthy recipes you have created for this yearbook and hope you have been taking the pandemic as an opportunity to cook more at home and experiment with new recipes. I am happy to see that the program has helped many of you become better health advocates and build a closer bond with your family and friends. I hope that you will keep these skills in mind in your future endeavors, especially given COVID-19 and social distancing.

Best wishes,

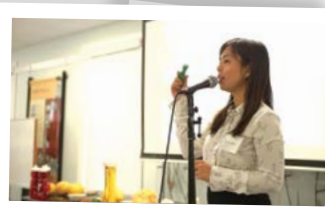
*Vivian Wong*

Vivian Wong, R.D.

Out-patient Nutritionist

In-patient Clinical Dietitian

San Francisco Department of Public Health





# INSPIRING WORDS



by Joseph Woo M.D. & Esther Situ R.D.N., M.B.A., C.D.E.

Congratulations to the TEEN HEAL graduates of 2019-2020! We cannot be more proud of your accomplishments and were pleased to sponsor your activities. The Chinese Community Health Care Association (CCHCA) was established in 1982 as a non-profit mutual benefit association and Medical Group to provide the people of San Francisco with quality, culturally competent, health care. As such, it is part of the mission of CCHCA to provide community grants and, in partnership with the Asian American Medical Group (AAMG), promote healthy living in the Asian community and beyond. Your program is in clear alignment with our goals.

As physicians and educators, we understand those food choices are the foundation of a healthy and productive life. When Catherine invited us to congratulate you and be a guest for your last workshop of the program via Zoom, we enjoyed seeing you learning basic nutrition from Vivian and making popovers under Catherine's guidance and demonstration, from your own homes. You are all very creative and have the spirit of making lemonade from lemons during the COVID-19 pandemic. This year has seen you acquire a wide range of knowledge and blossom as young adults. Clearly, Catherine Wong and her team have worked very hard to provide you with a diverse curriculum that has empowered you to make good nutrition and lifestyle choices that will remain with you forever.

But most importantly, we are happy that this program encourages social awareness and strengthens your leadership skills. These are difficult times that may require you to channel your energy and enthusiasm to change the world in a positive manner. Thus, we hope you continue to expand upon the concepts you have learned, remain open to new ideas, and to keep our community close to your heart.

On behalf of the doctors and staff of the Chinese Community Healthcare Association and the Asian American Medical Group, we wish you much success and happiness in the future.

*Joseph Woo*

Joseph Woo, M.D.

*Esther Situ*

Esther Situ, R.D.N., M.B.A., C.D.E.  
CCHCA





## Curtis Chan

*Lowell High School*

My name is Curtis Chan and I am currently seventeen years old. I recently graduated from Lowell High School, class of 2020. In fall of 2020, I will be attending University of the Pacific in their Pre-Pharmacy Advantage Program. In my free time, I enjoy baking and listening to music. I have had a passion for history since childhood, and baking allows me to enjoy different cultures without traveling around the world. Once I get out of school, I plan to travel the world to get an even more authentic taste of what foods from different cultures taste like.

I've always had a love for food, so much that I ate indiscriminately, not caring what I ate and how much of it. Since childhood, I've always been "big-boned" and I never really cared. I also disliked vegetables and favored meat, eating disproportionate amounts of food groups recommended by doctors and the USDA. I just ate and ate, as long as it tasted good and made me happy. It wasn't really until high school I started caring about my body, when I realized that I was out of shape because of all the food I ate and the lack of a balanced diet.

When I started the HEAL internship as an incoming senior, I must admit, I wasn't the embodiment of healthy eating and a healthy lifestyle. I have always done a lot of baking. My family didn't approve of unhealthy foods that were buttery or sugary so most of the time, I used what was available. I would often experiment and see what I could possibly use instead of butter and how far I could go with taking the sugar out of recipes. When I first started substituting butter and reducing sugar levels, the resulting baked goods were what a lot of people associate "healthy food" as: dry, hard, and not flavorful. This internship introduced me to new baking techniques that I would never have thought of. One of the best tips I learned was using applesauce as a substitute for butter. In

the past, I would replace all the oil and butter and only add applesauce but it usually turned out dry. Thanks to one of the nutritionists who told me that they would usually only substitute half of the oils with applesauce, the next time I baked cookies, it was not only healthier, it also didn't resemble a hard biscuit.

Another benefit of this internship was learning how to take care of my body. Every meeting, we were introduced to new skills that would enable us to live a healthier life. Being big-boned, I really appreciated the tips that were given to help lose weight. All those diets on the internet are confusing, but having someone teach you and explain how some diets aren't actually healthy at all were a big bonus. I would like to think that I shed a few pounds thanks to the tips I learned from the internship.

The best experience I've had during the HEAL internship was definitely the socializing I was able to do. I like talking to people and the internship definitely gave me that opportunity. During our meetings, we would often cook together and it allowed us to learn some new recipes and make new friends--a definite win-win situation. We participated in their group activities, which brought us Lowell interns closer together as a group.

The most ambitious task our internship achieved this year was establishing clubs at our school to promote healthy eating and share the cooking skills we learned. It was an honor being one of Lowell's school leads and creating a club with all the wonderful Lowell interns. It was a new experience for me but thanks to everyone's support, we were able to start and maintain the HEAL club where we taught both cooking skills and nutrition powerpoints provided by the wonderful staff from the health center.

The structure of our internship changed greatly due to COVID-19 but the time we had was definitely a blast.

Thank you to everybody that was in the program because, without you, this internship might not have been as fun. ✨





CURTIS CHAN

# Crispy Baked Chicken Drumsticks

Prep Time: 15-20 mins  
Cook Time: 50 mins  
Servings: 4

## INGREDIENTS

- 2 lb. of chicken drumsticks
- 1 ½ tsps. paprika
- ½ tsp. garlic powder
- 1 tsp. pepper
- salt (as needed to add to water)
- oil (to grease foil)

## INSTRUCTIONS

1. Boil a pot of water and add salt as if you are cooking pasta (water should be super salty, similar to ocean water).
2. Rinse off your chicken drumsticks.
3. Boil chicken drumsticks for 7-8 minutes.
4. Dry chicken drumsticks with paper towels (the less moisture, the crispier the skin).
5. Marinate chicken overnight in the fridge with paprika, garlic powder, pepper and a sprinkle of salt.
6. Place chicken drumsticks meat-side down onto a pan lined with foil.
7. Bake for 40 minutes at 400°F or until you see chicken turn golden/ golden brown.
8. Flip chicken over and then bake for another 10 minutes.
9. Cool and serve.\*

\*Can serve with any sauce you like if preferred. 🌿



CURTIS CHAN

# Warabi Mochi

Prep Time: 10 mins

Cook Time: 15 mins

Servings: 8

## INGREDIENTS

- $\frac{3}{4}$  cup sweet potato starch or tapioca flour
- $\frac{3}{4}$  cup sugar (can be  $\frac{1}{2}$  cup if using sweet potato starch, but a weird taste will appear if using tapioca flour)
- 2  $\frac{2}{3}$  cup water
- $\frac{1}{2}$  cup roasted soybean powder

## INSTRUCTIONS

1. Sprinkle some kinako (soybean flour) onto a baking sheet.
2. In a medium saucepan, combine the starch/ flour, sugar, and water.
3. Heat the mixture over medium heat until it starts to boil.
4. Reduce heat, stir constantly and vigorously for 10 minutes, or until the mixture is thick and translucent.
5. Remove the mochi from the heat and transfer to kinako covered baking sheet. Sprinkle more kinako on top and let it cool in the refrigerator for 20-30 minutes.
6. Once cooled, take it out from the refrigerator and slice into  $\frac{3}{4}$  inch cubes. Toss the warabi mochi with kinako and serve on the plate.
7. You can save warabi mochi at room temperature for 1-2 days. If you keep it in the refrigerator, warabi mochi gets hard and becomes a white color. ❄️





# Yanyu Chan

*Lowell High School*

My name is Yanyu Chan and I am seventeen years old. I recently graduated from Lowell High School, class of 2020. In the fall, I will be attending University of California, Berkeley with a major in Business Administration, Haas School of Business. In my free time, I like to listen to music or watch Asian shows on Netflix. I also like traveling and exploring new destinations. At the University of California, Berkeley, I hope I can meet individuals with a passion to help build the world to be a better place and work together to fulfill our dreams and hopes.

I usually eat lots of vegetables and fruits and less meat and other fatty foods. I'm not extremely picky on what I eat, but I do have certain standards/criterias regarding the food that I eat on a daily basis. When I go out to eat hotpot and korean barbeque with my friends, they always look at me funny and laugh. They always think I'm wasting money and not getting the most of what I paid for, but I have always stuck to my way of eating. Most of the time, my friends force me to eat meat by putting it on my plate, since they're very caring and want me to grow into a strong man. As reluctant as I am to eat meat, I gladly accept what they give me, but I usually ask the waiter to give me an extra pair of scissors or a knife to cut out the fat. Many may ask what I do eat at hotpot or korean barbeque. My response is always vegetables such mushrooms, tofu, or pumpkin. Whether or not this is all a waste is up to interpretation, the most important question is whether or not my actions lead to a healthy lifestyle.

At the beginning of this internship, I knew there were flaws in my lifestyle as it wasn't necessarily perfect, but I always persuaded myself that it was still a healthy and active one. Little did I know, my lifestyle was slowly deteriorating my lifespan as I did not receive the adequate nutrients to maintain a healthy lifestyle. My

mother constantly scolded me to eat more meat as she was scared I was experiencing malnutrition. Many have learned about the healthy plate and the correct amount of each food group, but few actually adjust their eating habits to follow these guidelines. During my past year at this internship, I convinced my parents to prepare meals that not only I would enjoy, but be filled with the proper amounts of vitamins and nutrition with a heavy emphasis on vegetables. I believed by doing this, I could satisfy my desire to eat without my parents worrying. I also started to exercise more than I have previously done, since in the later years of high school, physical education is not offered. I would go for occasional jogs or bike rides and as I used to travel frequently, I would take advantage of the hotel's gym.

During the internship program, I have acquired high amounts of knowledge with which I share with my peers at the school community as I am one of Lowell High School's school lead. At both the school level and at the internship program, we learn about different healthy eating and active living skills as well as useful life skills including leadership skills. We also perform various food demonstrations, for example, brown rice sushi and snowskin mooncakes. I was given the opportunity to meet outstanding individuals from other high schools across San Francisco and other Lowellites and become friends who discuss ways to improve their eating and exercise habits. Whether you are at the Chinatown YMCA on Friday evenings or at the Chinatown Public Health Center on Saturday afternoons, the staff diligently teaches and plans numerous fun activities. Overall, it was a happy experience and all the work and effort that I put into this internship will not be wasted.

As the end of this internship program draws near, I hope to retain the information I gained and share the happy experiences with the world. This internship program greatly impacted my life and I strongly recommend teens to participate to live a better and healthier life. I was able to live a healthy year filled with lots of nutritious foods and many, many hours of physical activity and I hope this continues throughout my college years and beyond. ❁



# Ginger Milk Curd

YANYU CHAN



Prep Time: 5 mins / Cook Time: 2 mins / Servings: 1

## INGREDIENTS

- 1 Tbsp. ginger juice
- 1 cup low fat or nonfat milk
- 2 tsps. sugar
- honey and fresh berries, optional

## INSTRUCTIONS

### Prepare the ginger juice

Peel and finely grate the ginger. Press grated ginger through a sieve placed on top of a small bowl to get about 1 tablespoon of ginger juice.

### Heat up the milk

**Option A:** If you have a kitchen thermometer

Heat the milk in a saucepan. Stir in sugar when milk is warm. When the temperature reaches 70°C/158°F, remove the pan from the heat.

**Option B:** If you have a microwave

Heat chilled milk in a container on full power for 1 minute. Take it out and stir in the sugar. Then microwave for a further 40 seconds.

### Make the curd

1. When the milk is ready, stir the ginger juice. Pour the milk quickly onto the juice.
2. Leave to set. Do not move the bowl or stir the milk. The curd will be fully set in about 10 minutes.

### Serve the curd

You may serve it warm (traditional way) or cold. If you wish, pour a little honey on top and decorate with fresh berries before serving. ❁



YANYU CHAN

# Quinoa Burrito

Prep Time: 30 mins

Cook Time: 10 mins

Servings: 2 full size burritos

## INGREDIENTS

- 2 flour tortillas
- 1 medium tomato
- 3 oz. fully cooked seasoned chicken breast
- 4 jumbo raw shrimp
- 1 cup of brown quinoa rice
- 1 avocado
- ½ cup roasted corn
- ¼ cup shredded cheddar jack cheese

## INSTRUCTIONS

### Shrimp

1. Thaw shrimp for 10 minutes.
2. Peel shell off of shrimp and cook the shrimp to pinkish color.

### Avocado/Tomato

1. Wash both the avocado and tomato.
2. Cut the avocado in cubes and dice the tomato.

### Assembly

1. Turn the stove to low heat.
2. On a big pan, heat up both sides of the tortilla.
3. While continuing on low heat, spread out ⅛ cup of shredded cheese on one side.
4. Add ½ cup of warm quinoa rice to the center tortilla.
5. Add cooked shrimp and half of warm chicken breast on top of the rice.
6. Remove from heat, wrap and serve. ❄️



# Gregory Chen

*Lowell High School*

My name is Gregory Chen, class of 2021 at Lowell High School. My interests include drama, reading, and games. I joined Teen HEAL so I could learn how to lead a healthier life. I also wanted to be able to share that knowledge with my friends and family. Over the course of the internship, I made many new friends, took on challenges in helping maintain a club at my school, and took on many delicious, healthy recipes.

My favorite part of the Teen HEAL Internship was the people. Ms. Catherine and Vivian guided us through many recipes and knowledge about health. The guest speakers shared many insightful stories about their own experiences. I especially enjoyed bonding with my fellow interns via food.

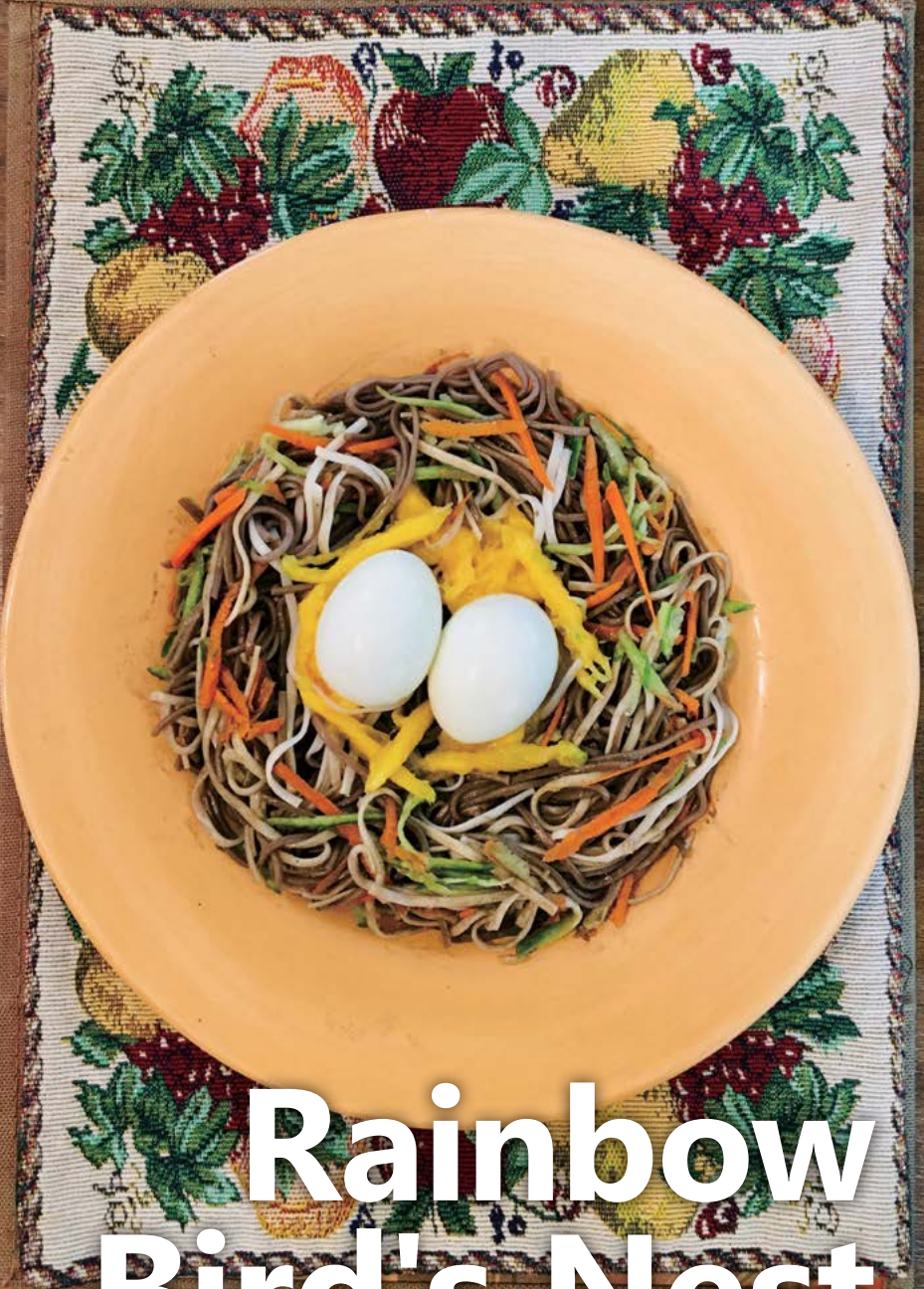
During the last few months, I've utilized the skills I learned to cook more often, and healthier dishes too. The dishes I choose to make are inspired by the diverse food culture of San Francisco. It is one of innovation, of well-being, and of multiculturalism.

I combine this with my father's cooking, traditional Chinese dishes from Guangdong Province. I've made noodles, tacos, salads, and more. Without the Teen HEAL internship, I would not have been introduced to this insight about food.

I have also attained my goal of being able to share the knowledge I've acquired with my friends and family. I learned about the importance of a balanced diet, exercise and BMI, as well as reading food labels and recognizing healthier options. I believe that health, both mental and physical, starts with someone that cares about the people around them.

The Teen HEAL internship was educative, fun, and rewarding. I have learned a lot about myself and my own health journey. I am grateful to have been part of the program, and I hope Teen HEAL continues to invite, inform, and improve many more young adults in the future. ✨





# Rainbow Bird's Nest Noodles

GREGORY CHEN

Prep Time: 8 mins

Cook Time: 12 mins

Servings: 1-2 Servings

## INGREDIENTS

- 1 cup buckwheat (soba) noodles
- ½ cucumber
- 1 carrot
- 2 shallots
- ½ mango
- 1 Tbsp sesame paste
- 1 tsp sesame oil
- 2-3 tsp soy sauce
- 1 clove garlic
- 1 tsp vinegar
- 2 eggs or 8 quail eggs (optional)

## INSTRUCTIONS

1. Shred cucumber and carrot; dice shallot, mince garlic, and boil eggs (peel eggs when done).
2. Mix sesame paste, sesame oil, soy sauce, vinegar, and minced garlic in a bowl.
3. Cook noodles according to instructions on the packaging. Remove from pot and drain.
4. Place noodles into a large bowl with vegetables and sauce. Mix well. Twirl the noodles into a bird's nest shape. Top with eggs. ✨

## INGREDIENTS

- 3 small eggs
- 10 oz. low-sodium chicken broth
- ½ cup shrimp (cooked)
- ½ cup vegetable mix, fresh or frozen
- 1 large piece of dried seaweed, cut into thin strips
- 2 glass cups (or any other short glass cup)

## INSTRUCTIONS

1. Add water to a steamer and boil on high heat.
2. Thaw frozen ingredients. divide half of vegetable mix & half of shrimp into two glasses.
3. Crack eggs and pour chicken broth into a bowl. Whisk and sieve to remove air bubbles, pour into glasses.
4. When water boil, put glasses in the steamer and steam for 1 minute, then turn the heat down to low and steam for 4 minutes, until the egg liquid is semi-solidified.

4. Remove the lid of the steamer and spoon shrimp and the remaining vegetables onto the surface of the egg mixture. Steam on low heat for another 5 minutes, or until the egg mixture is completely solidified.

### Alternate method:

Microwave on high for 45 seconds until egg mixture is semi-solidified. Remove from the microwave and spoon shrimp and vegetables onto the surface of the egg mixture. Microwave on high for 25 seconds, until the egg mixture solidifies. ❄

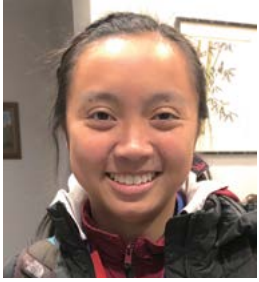
Prep Time: 5 mins

Cook Time: 20 mins

Servings: 2

GREGORY CHEN

# JAPANESE STEAMED EGG



# Juliana Chen

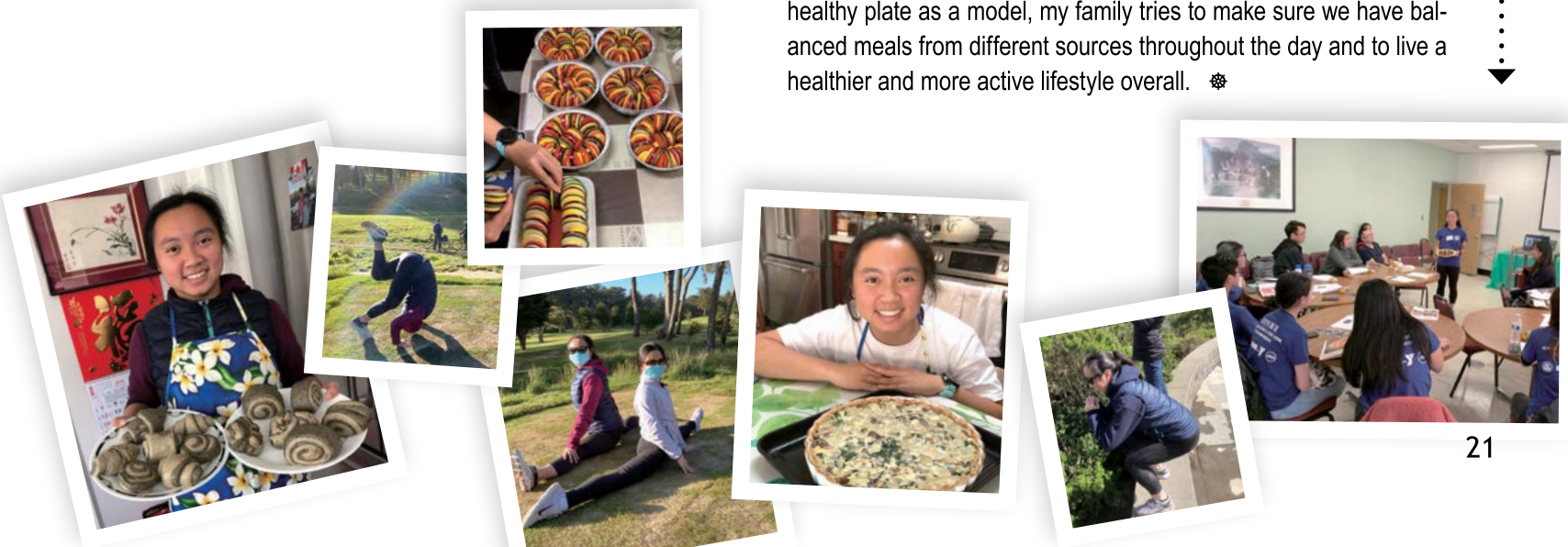
*Lowell High School*

My name is Juliana Chen and I will be a senior at Lowell High School, Fall 2020. I am part of my school's cross country and track team, so most of my free time is spent running. Aside from staying active, I also like to spend my time cleaning and organizing, making art (like stringing paper cranes together, painting with watercolor, or writing Chinese brush calligraphy), and watching historical Chinese dramas.

The part I enjoyed most about the Teen HEAL internship was the opportunity to try new healthy recipes every time we met together. The first time I tried out a recipe from the cookbook, a sweet and savory veggie burger made from sweet potatoes, I really struggled without the help of my parents. I eventually got through all the tears from cutting an onion and actually enjoyed the process of it. Since I have a lot more free time recently, I've used this chance to continue trying out new recipes and get more involved in the kitchen. As such, I've bonded with my family more by making dishes such as yam mantou and dumplings.

I have been applying the lessons on healthy cooking we have learned throughout the course of the year, and exploring beyond the basics in my daily life. When I cook my own meals or test new recipes, I try to look for healthier alternatives that will decrease the amount of sugar and saturated/ trans fat. I have also learned to use natural sugars from fruits like bananas and apples and the healthy fats in avocado to make replacements and increase the nutritional value of what I consume. As an athlete, fueling my body properly is important for increasing my overall performance, such as how to replenish electrolytes lost during vigorous activities for extended periods of time, as well as healthy snacks to refuel my body after working out.

From the program, I have also looked into the benefits of having a more plant-based diet, which is why my family and I have started eating vegetarian every Sunday. In addition to the environmental benefits, a plant-based diet has shown to carry some advantages for our bodies too. It is typically lower in cholesterol and saturated fat, reducing the risks of heart disease, stroke, or diabetes. Using the healthy plate as a model, my family tries to make sure we have balanced meals from different sources throughout the day and to live a healthier and more active lifestyle overall. ❁





JULIANA CHEN

# Ratatouille

Prep Time: 1.5 hr  
Cook Time: 45 mins  
Servings: 6-8

## INGREDIENTS

### SAUCE

- ½ onion
- 2 cloves garlic
- 1 bell pepper
- ½ Tbsp oil
- salt, to taste
- pepper, to taste
- spices, to taste

### VEGETABLES

- 2 eggplants
- 6 roma tomatoes
- 2 yellow squashes
- 2 zucchinis

## INSTRUCTIONS

1. For the sauce, dice the onion and bell pepper and mince the garlic. Set aside in a pan.
2. To prepare the vegetables, slice the eggplants, tomatoes, squashes, and zucchinis into ~1/16 inch rounds.
3. Add the oil and seasonings to the pan and cook the onion and bell pepper until soft. Transfer into a blender and blend until smooth.
4. Pour the sauce into a pot/ Staub baking pan to create an even layer (~1/4 inch).
5. Preheat the oven to 350° F and start arranging the sliced vegetables in a pattern of choice (ex: yellow, purple, red, green) until the pot is filled. If there are extra, repeat the arrangement in another pot.
6. Cover with aluminum foil and place in the oven for 45 minutes. Serve hot.





# SPINACH & MUSHROOM QUICHE

JULIANA CHEN

Prep Time: 30 mins

Cook Time: 50 mins

Servings: 1 8-/ 9 inch Pie

## INGREDIENTS

### Crust

- 1 ¼ cups rolled oats
- 1 cup + 3 Tbsp almond flour
- ½ tsp ground cumin
- ½ tsp sea salt
- 1 large egg + 1 egg white
- ½ - 1 Tbsp water
- cooking spray

### Filling

- 1 Tbsp. oil
- 1 onion, diced
- 1 cup. baby bella mushrooms, diced
- 1.5 cups baby spinach
- 1 box of silken tofu (14 oz.)
- 1.5 Tbsps. cornstarch
- 1 tsp. salt
- ½ tsp. pepper
- Shredded cheese (optional)

## INSTRUCTIONS

1. Preheat the oven to 350° F and oil a tart pan/springform pan.
2. Put the rolled oats in a blender/ food processor and blend until it becomes a flour.
3. In a large bowl, mix the oat flour, almond flour, cumin, and salt. Whisk the eggs together and then incorporate into the flours. As a dough starts to form, slowly add water ½ tablespoon at a time until a slightly moist dough forms.
4. Press dough into the oiled pan and bake for 10 minutes.
5. While the crust is baking, cook the onion and mushrooms in the oil until soft. Add in the spinach and cook until it becomes wilted. Transfer into a colander and remove excess liquid with paper towels.
6. Blend the tofu, cornstarch, and seasonings until smooth.
7. Mix the onion, mushroom, and spinach into the tofu mixture, along with some cheese.
8. Take the crust out of the oven and increase temperature to 356° F.
9. Pour in the filling and bake for 30-40 minutes until set.
10. Allow the quiche to cool slightly before slicing and serving. ✨



# Connie Cheng

*Raoul Wallenberg High School*

My name is Connie Cheng and I am from San Francisco, California. I recently graduated from Raoul Wallenberg High School and will be attending Dominican University in the fall for nursing. I have a passion for helping people and creating opportunities for the underprivileged. I also love painting, cooking, baking, binge-watching, hiking, and anything related to the outdoors. I am very extroverted and never feel shy to talk about anything. In the future, I hope to become a nurse and someone who can educate others about healthy eating and healthy living. I aspire to be a role model to help those who struggle with their weight or their body image.

Growing up, I have always struggled with my weight. I was never able to accept myself for who I was until a year ago. I always thought that if you stopped eating then you would lose weight but instead that led to a 15lb weight gain in a year. I couldn't comprehend why I was gaining weight instead of losing it. I tried diets but it only led me to gain the weight back.

Joining the Teen HEAL program has taught me a lot about my health. I learned that when you try to abstain from eating, it would only contribute to a weight gain because your body wants to hold onto any "food" for energy. I've learned that there are healthy ways to diet and very unhealthy ways to diet. But realistically the best way to lose weight is to have a clean diet and workout. Many may argue that it is hard to spare time to work out but there are 10 minute workout videos on Youtube that are very effective. Others also argue that healthy meals are expensive and time-consuming. But there are cheaper alternatives to preparing your own healthy meals than to buy them prepared at an expensive grocery store.

There are also many healthy meals that are not time-consuming and can be prepared within 15 minutes.

Along with learning about my health, we were fortunate enough to have life speakers talk about their careers and passions and how it led to where they are today. They have taught me to pursue my dreams and to not let anyone take that away from you. There is nothing stopping you from achieving it but yourself. So you have to fully trust yourself and make it your priority

Attending this program has taught me so much about myself and about my well being. I am so grateful to be the first group of students in this program and hope to spread my knowledge to others. ✨





## INGREDIENTS

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 Tbsps. flax seed
- $\frac{3}{4}$  cup of hot water
- 1 tsp. of salt
- 4-5 stalks of green onion
- canola oil, for frying

## INSTRUCTIONS

1. Mix salt with flours in a large mixing bowl.
2. Dig a small hole in the center of the mixture and pour in hot water and flaxseeds.
3. Mix and knead into a ball until very smooth (around 3-5 minutes ). The dough should be quite soft. Cover the rest for 20 to 30 minutes.
4. After resting, the dough should be quite easy to roll out. Divide the large dough into 4 pieces and flatten each piece. Brush some oil and sprinkle chopped scallion (leave 1 cm around the edge empty).
5. Roll the dough into a cylinder and then into the shape of a snail.
6. Cover with wet cloth and rest for 10 to 15 minutes, then flatten snail-shaped dough out into a circle
7. Brush some cooking oil on the pan and move the dough onto the pan. Pan-fry on medium heat until the surface becomes brown (around 2-3 minutes)
8. Flip over to fry for another 1-2 minutes. Use a spatula to press the dough from time to time, especially the center part to ensure the pancake is evenly fried.
9. Remove pancake from pan and cut into wedges. ✨

# Chinese Scallion Pancake

CONNIE CHENG

Prep Time: 20 mins  
Cook Time: 5 mins  
Servings: 5 pancakes

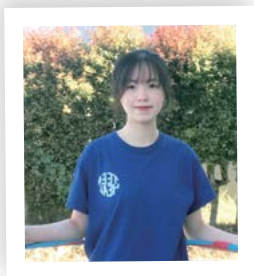


# Wendy Deng

*Balboa High School*

Hi everyone! My name is Zhuowei Deng, but you can call me Wendy. I am a friendly and passionate person who grew up in Guangdong (a province located in Southern China). I immigrated to the United States when I was twelve years old. Next year I will be a senior at Balboa High School. Even though I haven't graduated from high school, I am interested in learning more about statistics, computer science and business. Combining all those major interests, I am looking forward to working in the data analysis field in the future. My upcoming educational goal is to graduate from high school and attend a four year college.

I love traveling to different places. I believe traveling is very interesting because I am able to spend my time with my friends and family. At the same time, I am also able to learn about the different cultures and customs of different places. When I have free time, I also like to play video games with my friends, or try different cuisines at the various restaurants in San Francisco.



The Teen HEAL program has made my junior year more fulfilling. As a Teen HEAL school lead at Balboa High School, I was responsible for teaching and presenting the nutrition skills. Before becoming a presenter, I didn't think I was good at public speaking because I always speed up my sentences involuntarily, trying to end the presentation as soon as possible. Becoming a presenter has undoubtedly given me a chance to practice my speaking skills; I have spent more time analyzing each slide and writing down the main points from the cookbook to associate with different examples. Rehearsing has also made me more confident about each upcoming speech which has helped me to prepare a speech better.

In the Teen HEAL Program, I harvested a lot of knowledge about healthy eating and living. My cooking skill has improved tremendously; I have changed from a kitchen novice to someone who can follow healthy recipes to make simple dishes. During our training, we made healthy foods like snowskin mooncake, bread, and brown rice sushi together. I have also learned how to read food labels; I can calculate the calories, fat, sugar, and salt amount within a food to deduce whether a food is healthy or not. I think these skills are the most direct method of healthy eating, and it is important to teach these skills to our community. Therefore, I will continue practicing healthy eating skills, and spread the idea of "healthy eating" to my friends and family so we can all develop healthy eating habits. ❁



Prep Time: 5 mins

Cook Time: 5 mins

Servings: 2

WENDY DENG

# Banana Egg Oat Pancake



## INGREDIENTS

- 3 egg
- 2 banana
- ½ cup oat
- 1 tsp oil

## INSTRUCTIONS

1. Slice the banana. Beat the eggs in a mixing bowl and add the oats. Blend well.
2. Add a small amount of oil into a non-stick pan (low heat). Pour in the mixture and put banana pieces on top.
3. After the mixture has set, flip the pancake over and cook for 20 seconds. 🌀

## INGREDIENTS

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- 6 oz. chicken breast
- 3 tomatoes
- 1 egg
- a few scallions
- 1 clove of garlic, mashed
- 2 cups of water

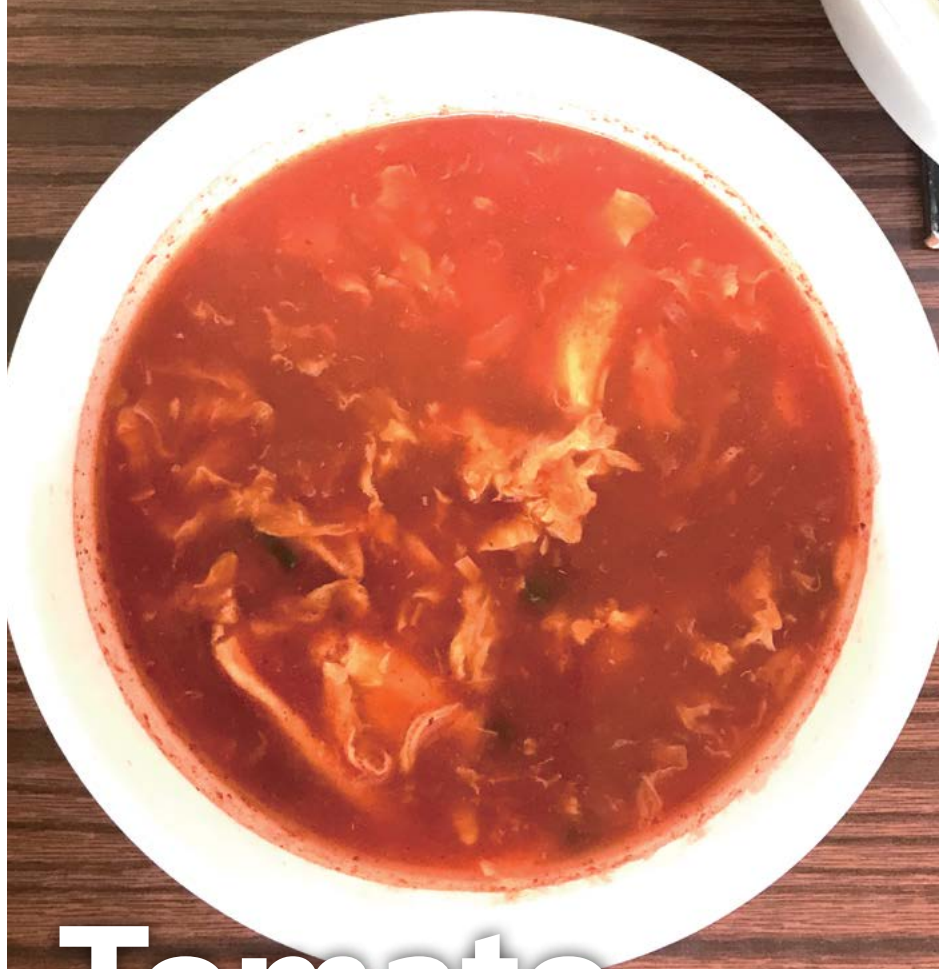
### Seasoning

- ½ tsp. salt
- 1 tsp. oil
- 1 ½ Tbsps. soy sauce (½ Tbsp. for chicken breast, 1 Tbsp. for soup)
- 1 Tbsp. cooking wine
- dash of black pepper
- 2 tps. cornstarch (1 tsp. for chicken breast, 1 tsp. for boiling starch water)

## INSTRUCTIONS

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1. Cut chicken breast into small pieces, add 1 teaspoon cornstarch, a little black pepper, cooking wine, soy sauce, salt; stir well, then marinate for 20 minutes.
2. Peel off the skin of the tomatoes and cut into small pieces. Grate garlic.
3. Heat up the pot and add a small amount of oil, add garlic and saute until fragrant, then add tomato and saute until the juice comes out.
4. Add the marinated chicken breast and stir-fry until the color changes. Add a tablespoon of soy sauce and a large bowl of water. Cover and simmer for 5 minutes.
5. After 5 minutes, add a few amounts of salt, add cornstarch water, and turn off the heat.
6. Mix the egg and pour into the soup until it's formed. Add the scallions. ❁



# Tomato Chicken Soup

WENDY DENG

Prep Time: 25 mins  
Cook Time: 5 mins  
Servings: 2



# Sally Guan

*Balboa High School*



My name is Sally Guan and I was born and raised in San Francisco. I'm eighteen years old and I recently graduated from Balboa High School. During my free time, I like to bake, read, journal, listen to podcasts, go to different cafes, watch vlogs on YouTube, and binge-watch shows on Netflix. I will be attending the University of California San Diego, majoring in Human Biology this coming Fall. During my time there, I hope to further my knowledge about social justice and equity while also challenging social expectations and norms. In the future, I hope to bridge my passions in women's health, mental health, and AAPI empowerment to foster healthy conversations in our household and community.

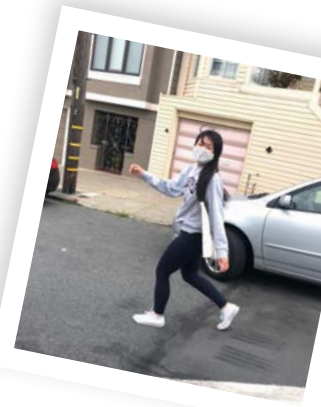
Throughout this program, I was able to strengthen my knowledge of understanding nutrition. Other than learning different recipes that I can easily do at home, I was able to learn many tips on how I can eat mindfully when I eat out, portion control, and maintaining a good amount of exercise per day. As a young adult, learning small tips allowed me to create drastic changes in my life. For example, walking to school/work gave me an extra 10 minutes of exercise and allowed me to take in some fresh air! When I'm home, after working for about an hour, I can stretch for 20 mins or take a stroll around my neighborhood.

Since we're home all day, it has definitely been a challenging time for everyone. For me, it's harder to get my exercise and on top of that, it's really tempting to open a bag of chips or finish a pint of ice cream. Though I didn't gain a significant amount of weight on the scale, I haven't been treating my body well and digesting healthy foods.

To deal with that, I've started to be more mindful when I purchase goods. I have control over what I buy and eat so I try to make changes in my purchasing habits in order to have changes in my diet. During the past three months at home, I was really able to take in what I learned and applied that to my life. I've experimented with many recipes, to not only make them applicable to my taste buds, but also make them more healthy. I also learned to eat mindfully and portion control- something I still struggle with.

Other than the different skills I've learned, I've also had an incredible time listening to the Life Speakers during our meetings. This opportunity allowed me to learn about different professions and also built upon my interest in certain topics. I'm wowed by all the speakers; not only do I share similar experiences and passions as them but I also felt validated and acknowledged that I'm not alone. I felt a sense of connection that my experiences and feelings were valid. I'm grateful for the experience and I feel honored to be welcomed to listen to their life story.

I love the idea of this internship: that we learn and with our knowledge, we use it to serve our community. We use it to serve out community. We attend meetings in hopes to educate ourselves and with that knowledge, we will serve our community- allowing our community to understand the importance of healthy eating and active living. I encourage us all to continue learning and educating ourselves while also speaking up and using our experience and knowledge to educate others. ✿





Prep Time: 10 mins

Bake Time: 20-25 mins

Servings: 8 bars

## INGREDIENTS

- 2 ¼ cup rolled oats
- ¾ cup peanut butter
- ½ cup maple syrup or honey
- ¼ tsp. cinnamon
- ¼ tsp. salt
- 2 Tbsps. of canola oil

Optional: 1 tsp. vanilla extract, ½ cup shredded coconuts, ¼ cup vegan chocolate chips, 2-4 Tbsps. chia seeds, ½ cup of cranberries or any dried berries (use whatever is available!)

## INSTRUCTIONS

1. Line baking pan with parchment paper, or spray with canola oil spray, and set it aside.
2. In a large microwave-safe mixing bowl add the peanut butter and maple syrup or honey. Microwave until heated through and then thoroughly mix them together. Alternatively use the stovetop to heat.
3. Add in the cinnamon and salt, stir to combine.
4. Add the oats and mix well. If you want to add in chocolate chips, shredded coconut, or chia seeds do so now!
5. Add in oil. Once you can form it into a ball, stop adding oil.
6. Pour the oat mixture into your prepared pan and press down evenly into place.
7. Bake at 350F for 20-25 mins.
8. When ready, remove from the pan and cut into desired shapes. Store in room temp for 5 days, in the refrigerator for up to a week. ✨





SALLY GUAN

# Breakfast Quesadillas

Prep Time: 10 mins  
Cook Time: 5 mins  
Servings: 1 quesadilla

## INGREDIENTS

- 2 wheat and corn tortilla (or any that you prefer)
- 2 large eggs
- A pinch of salt and pepper
- ¼ cup of cheese  
(ex. low-fat mozzarella and sharp cheddar)
- 1 avocado
- Canola oil spray

\*you can also add in your choice of meat, tomatoes, spinach, onion, corn, and bell peppers\*

## INSTRUCTIONS

1. In a medium to large pan, heat the tortilla in medium heat.
2. Toss in the two eggs and scramble until cooked, set aside.
3. Spray the pan with a little bit of coconut oil spray and add one tortilla onto the pan.
4. Add half the cheese and let it melt, about 2-3 mins.
5. Add eggs and avocado (or anything you prefer) and the rest of the cheesy.
6. Add the remaining tortilla and flip.
7. Cook for another 2-3 mins and enjoy! ✨



# Angel Lam

*San Francisco State University*

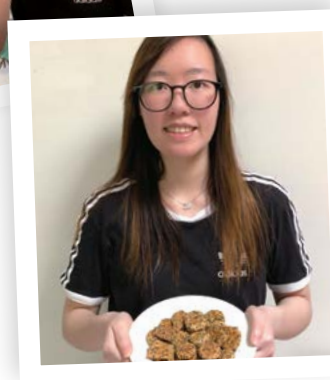
My name is Angel Lam, I am eighteen years old and I graduated from Balboa High school in 2019. I am majoring in Pre-nursing at San Francisco State University and I will be a sophomore in the upcoming fall semester. I was born and raised in Macau and moved to San Francisco when I was 10 years old. On my spare time, I like to bake, watch videos on YouTube, and play video games with friends. In the future, I hope to become a registered nurse to serve the diverse community with my cultural background.

The HEAL internship program has taught me good nutrition and healthy lifestyle is important to our body. I live with my two year old nephew, it is extremely important to start eating nutritious meals and practicing good healthy habits. Throughout the program, I learned different healthy recipes to make healthy snacks for my nephew such as oatmeal cookies and fruit parfait. Maintaining a good amount of exercise everyday can bring lots of good benefits. For example, maintain a healthy weight and strengthen bones. As we stay at home due to the current situation, it is hard to exercise as usual. As a result, I spend 20-30 minutes on jump rope everyday. Another skill I learned was how to read food labels so I can avoid foods high in sugar and make informed food choices.

I learn to improve my cooking skills with the HEAL internship program. I love to cook and I learn how to choose healthy ingredient to cook delicious food. For example, I used applesauce to replace butter when I make cookies which makes the cook-

ies healthier and taste better. This inspired me when I bake cakes. Another fact I learned was butter and saturated fats are unhealthy and it may lead to heart disease. Now I use less butter when we cook or replace with canola oil. I also don't like to make difficult dish but I made a healthy turnip cake for my family using the recipe taught at the HEAL training that was easy to follow. Furthermore, the internship has given me the opportunity to learn traditional Chinese dishes and cook it in a healthy and simple way.

Besides the skills I have mentioned, we had a chance to meet life journey speakers to share their life experiences to us. It helped us to learn different career path and build connections with professionals. Their words motivated me on my goal and they gave us tips we can use in life and college. The internship program has not only improved my healthy lifestyle, but it also gave me a chance to share my knowledges with my family and serve in the community. Teen HEAL is a good program, you should join it, it benefits you and the people around you. ✨





ANGEL LAM

# Oatmeal Egg Tart

Prep Time: 15 mins  
Bake Time: 20 mins  
Servings: 6 tarts

## INGREDIENTS

### Tart Shell

- $\frac{3}{4}$  cup oatmeal
- 1 banana or 1 egg
- 1  $\frac{1}{2}$  tsps. honey

### Filling

- $\frac{1}{3}$  cup low-fat milk or oat milk
- 1 egg
- 2  $\frac{1}{3}$  tsps. sugar
- 2 tsps. cake flour

## INSTRUCTIONS

### Tart Shell

1. Preheat the oven to 350°F.
2. Mash banana in a bowl.
2. Add oatmeal and honey and mix until well-combined.
3. Divide the oatmeal mixture into six portions and press into a tart tin or muffin pan and bake for 10 minutes.

### Filling (while tart shell is baking).

1. Combine sugar and flour in a bowl.
2. Add milk and eggs; mix until well-combined .
3. Sift the filling mixture before pouring into the tart shell, about 90% full. Bake for 15-20 minutes at 350 degrees until it becomes golden brown. ✨



ANGEL LAM

# Whole Wheat Sesame Cracker

Prep Time: 15 mins

Bake Time: 10+ mins

Servings: 30-40 pieces

## INGREDIENTS

- 3 Tbsps. 1% milk or nonfat milk
- 1/3 tsp. yeast
- 1/4 tsp, baking soda
- 1 Tbsp, olive oil, more if needed
- A pinch of salt
- 3/4 cup whole wheat flour, plus more for dusting
- 4 tsps. toasted black sesame

## INSTRUCTIONS

1. Preheat the oven to 350°F.
2. In a large bowl, combine 1% milk, yeast, baking soda, olive oil, and salt; mix well.
3. Add whole wheat flour and black sesame, knead into a moist dough.
4. Roll it out until 1/8 inch thick. Cut into a circle or desired shape.
5. Put in a baking sheet and bake for 10 minutes. Adjust for thicker crackers. ✨



# Bella Li

*George Washington High School*



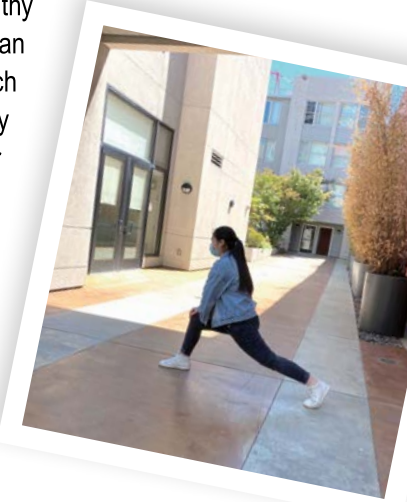
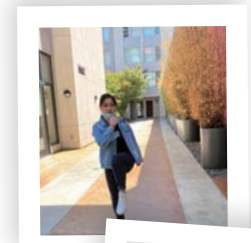
I am Bella Li, a senior who graduated from George Washington High school this year. I am going to attend UC San Diego this fall to complete my undergraduate education with a major in Applied Mathematics. I am a boring person, most of my hobbies happen indoors, such as watching TV shows and listening to music. Sometimes, I would choose to play badminton with my friends, but it has already become my past since my work has become heavier. However, I want to experience all the adventurous sports, like riding all the roller coasters in the world, skydiving, and more.

This program really encouraged me to change my habits, and it is different from other programs I have joined. Not only did it teach us leadership skills, it also encouraged us to promote accurate health ideas to the public. In the past, no one has imagined that one day nutrition and healthy issues will be important for our high school students and we will have a nutrition club be held in school. But we did! And no one has imagined that we can invite Martin Yan to our Healthy Cooking Symposium to teach people to cook healthy food. But we did! Those unbelievable things happened in my high school year, they brought me tears and memories.

By collecting my club members' feedback, they respond that most of the nutrition knowledge was learned from this program, especially the food label. We commonly look at food labels, as

it contains a lot of nutrition information about this food. However, we were only focusing on its calories which is the biggest column on the food label, and ignored other important information, such as serving size, added sugar, sodium, and more. Most of them agreed that they decided which foods to purchase by comparing calories on the food label; however, through the club, they realized that it might be a mistake to judge how healthy the food is by its calories. But now, they will pay more attention to each of the columns on the food label, especially having each item times its serving size.

Now, my mindset is definitely changed. I would rather spend at least 1 hour doing some activity at home. And I often share those cooking skills to my friends and family so that we can explore more ideas on designing novel healthy food. Furthermore, I am going to UC San Diego to complete my education, which means I need to go away from my city and to start a new life. It's a challenge for me to keep track of myself, making sure I eat healthy and stay active everyday. Teen HEAL program is like a post-it, it sticks in my life and reminds me to achieve the goal of eating healthy and active living. ✨





# Chicken Lettuce Wrap

Prep Time: 5 mins  
Cook Time: 10 mins  
Servings: 1 wrap

## INGREDIENTS

- 2 slices Romaine lettuce
- 1 egg
- 8 oz. boneless chicken thigh or chicken breast
- ½ medium tomato
- thousand Island dressing (calorie-free or lite), to taste
- ketchup (calorie-free), to taste
- salt and pepper, to taste
- 1 tsp. olive oil, for cooking

## INSTRUCTIONS

### Preparation

1. Tear out two large pieces of lettuce, and wash them clean. Put aside.

2. Heat up a pan on medium with 1 teaspoon of olive oil.

3. Fry egg on a pan until cooked. Season with salt and pepper to taste.

4. In a separate saucepan with water, boil the boneless chicken thigh or the breast for about 5 minutes on high.

5. After you cook the chicken, pop it into the oven for 5 mins at 450 degrees until crispy.

6. Cut out tomato into slices (about 5-6).

### Assembly

1. Layer lettuce pieces on top of each other, facing the same direction.

2. Use a spoon to spread the preferred sauces onto the lettuce.

3. Layer filling (egg, chicken and tomato slices) onto one side of the lettuce.

4. Starting from the side with the filling, roll the lettuce up tightly. Enjoy!! 🍴



BELLA LI

# Tomato-Corn Egg Drop Soup

Prep Time: 6 mins  
Cook Time: 8 mins  
Servings: 2-3 bowls

## INGREDIENTS

- 3 tomatoes
- 1 egg
- 1 package enoki /white beech mushrooms
- ¾ cups corn
- 1 tsp. salt
- 1 tsp. sugar
- 1 tsp. olive oil, for cooking
- 3-4 cups water

## INSTRUCTIONS

1. Clean and cut tomatoes into small chunks.
2. Spread oil around deep pan/pot on medium heat and cook tomatoes until soft with salt.
3. Add corn to pan/pot and continue flipping.
4. When corn is cooked and turns yellow, add a few cups of water.
5. Put the lid on, and then wait for soup to boil, around 5 minutes.
6. While soup is boiling, soak the mushrooms in hot water for 5 minutes to clean.
7. Place mushrooms in the soup and boil for another 3 minutes.
8. Add about 1 teaspoon of sugar and an egg to the soup.
9. Quickly mix the egg to form the “egg drop”.
10. Enjoy!!! ✨



# Nicole Read

*Lowell High School*

My name is Nicole Read, and I'm a senior at Lowell High School. In my free time, I enjoy listening to music, reading, journaling, walking around San Francisco, and doing photography. I hope to attend college in a big city and study biology and sociology. In the future, I hope to explore a career in scientific research and public health.

Throughout this program, I learned eight valuable skills regarding nutrition, such as reading food labels and managing weight. These skills have encouraged me to choose a more healthy diet because I am more aware of what portions of each food group I should eat and I know which foods are better for me. I have been vegetarian-vegan for approximately two years, so I don't always get the full range of nutrients and vitamins that I need. In this program, I learned how to incorporate these nutrients and vitamins and why it's important to do so, for example, without dairy products, I don't always consume enough calcium, and I learned that I need to choose calcium-fortified milk alternatives.

Additionally, in this program, speakers in various careers and fields share with us their life journeys, and so we are able to ask questions and explore different interests. One of the most memorable speakers was a student at UCSF School of Dentistry, and she told us about her experiences in high school and college and gave us advice about how to overcome the challenges that she faced. In addition to being thoroughly enjoyable, these conversations have taught

me about different education and career paths, and I've received so much advice about the value in relationships and communities.

Joining the Teen HEAL program has had many benefits, but the most significant one has been meeting and getting to know my fellow interns. Since the beginning of the internship, we have all made so many memories together, such as spending time at the cooking symposium, preparing food together at meetings, and having fun at the YMCA meetings. From forming the HEAL club at school and from interacting with one another at meetings, I have had the opportunity to become friends with people that I wouldn't have known otherwise. Not only have I made new friends, but now we are able to communicate and collaborate very easily, so work is done much more effectively. I have learned and had so much fun, and overall, I am so glad that I was given the opportunity to join this program.





# LOW-CARB VEGETARIAN Crustless Quiche

NICOLE READ



Prep Time: 15 mins

Cook Time: 40 mins

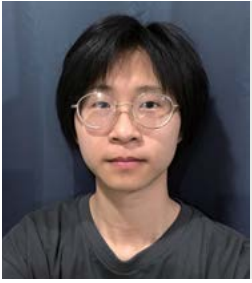
Servings: 6

## INGREDIENTS

- cooking spray
- 1 cup chopped steamed broccoli, fresh or frozen
- 1 cup grated Swiss cheese
- $\frac{2}{3}$  cup skim milk
- 5 large eggs
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{8}$  tsp. ground black pepper
- pinch of nutmeg

## INSTRUCTIONS

1. Preheat the to 350F degrees. Spray a pie dish with oil.
2. Evenly spread the broccoli in the pie dish.
3. Make the custard mixture by whisking together the milk, eggs, salt, black pepper, and the nutmeg.
4. Pour the custard into the dish and top with cheese.
5. Bake 35 to 40 minutes, until the center is set.
6. Cut the quiche into 6 pieces and serve. ✨



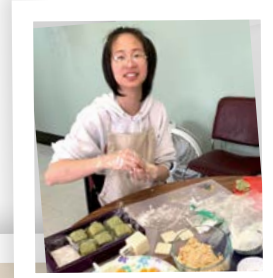
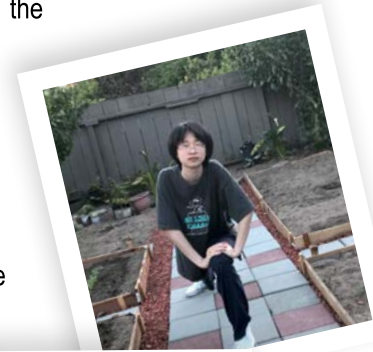
# Gin Wu

*George Washington High School*

My name is Gin Wu and I am an incoming junior at George Washington High School. I am 17 years old. I was born in Guangdong, China, and moved to San Francisco when I was 15 years old. In my free time, I enjoy making desserts, bingeing dramas, skateboarding, playing badminton, and listening to music. I am not a people person, and I feel uncomfortable when I am staying with many people who I don't know. However, I love to stay with my friends.

I grew up in an ordinary Cantonese family. For many people, foodie heaven is another name of Guangdong, because Guangdong has lots of special cuisines. As a Cantonese, I've always had a love for food. I love eating and I eat like a horse. However, I am so picky and I dislike meat since childhood especially poultry. I would like to eat most vegetables, even bitter melon, that made me different from other kids my vendorage. By the way, I have a wonderful mommy. I thought she was a superwoman when I was a child. She always has various ways to treat my pickiness and she is a kitchen genius. Once I loved eating the pot-boy cakes from the roadside stand. Mommy knew that she checked out the recipe from the internet, and then she made the pot-boy cakes within different flavors just like the roadside stand, even better than it. Mommy always has a lot of ideas about cooking. My favorite dish she made is fried potatoes with tomatoes, it sounds weird but tastes delicious. Because of my mommy, I became more and more fond of cooking.

In the spring semester of my Freshmen year, I joined a volunteer organization named Community Improvement Service (CIS) and became an officer of CIS. I got lots of support and learned so many things from the organization. Also, I learned about the Teen HEAL Program through CIS. I joined the internship as an incoming sophomore, and I was the youngest of the first interns. This internship has taught me a lot about healthy eating and living, some of them are different from the myths and beliefs I knew before. My parents told me don't eat after 8 pm, but through the program, I learned the most important thing is not the time you eat, it is the amount you eat. I also learned how to read the food label whenever I go shopping. In the past, I only cared about the ingredients but never checked out the food labels. But now I realize that it is important to check added sugar, fat, sodium, and serving size of the food. Through reviewing the lessons we've learned, I found that there are so many ways to make our life better, but we always ignore them. That's why we have Teen HEAL here. I encourage teens to join this internship to start living healthier and impact their friends and family. ❁



A photograph of several Snow Skin Mochi Mooncakes on a white plate. Two are cut open, revealing a bright orange mango filling. The mooncakes are light green and have a decorative pattern on top. They are arranged in a circular pattern, with some in aluminum foil molds. The text "GIN WU" is visible in the bottom right corner of the image.

# Snow Skin Mochi Mooncake

GIN WU

Prep Time: 1 hour  
Cook Time: 30 minutes  
Chill Time: 2 hours  
Servings: 8 moon cakes

## INGREDIENTS

### Mung Bean Filling

- 1 packet (14oz) peeled split mung beans
- ½ cup sugar
- 3 Tbsps. canola oil
- ½ mango, cubed (for assembly)

### Snow Skin Layer

- ⅓ cup flour
- ⅞ cup rice flour
- ⅔ cup + 1 Tbsp glutinous rice flour
- ½ cup sugar
- 1 can (14 oz) low fat coconut milk
- ½ cup low fat milk
- 3 Tbsps canola oil

## INSTRUCTIONS

### Mung Bean Filling:

1. Soak mung beans in water for 1 hour.
2. Pour mung beans into a pot and boil for about 10 minutes until mung beans soften.
3. Drain cooked mung beans and blend in a blender till a smooth paste is formed.
4. Transfer mung bean paste into a non-stick wok or pan with sugar and oil.
5. Cook on high heat while mixing until mung bean paste thickens.

### Snow Skin Layer:

1. Sieve flour, rice flour, glutinous rice flour and sugar into a mixing bowl.
2. Add coconut milk, milk and oil. Mix well.
3. Strain once, mix until well combined and no more flour is visible.
4. Brush oil on a deep plate and pour in the mixture.
5. Steam on high heat for about 20 minutes. Remove from heat.
6. Once cooled, knead dough until smooth.
7. Cover with plastic wrap

and refrigerate for about 2 hours.

### Assembly

1. Divide mung bean filling and snow skin dough into 8 equal portions each.
2. Wrap mung bean filling around a mango cube and form into a ball.
3. Flatten snow skin dough into a circle and place filling in the middle.
4. Wrap dough around filling and shape into a ball.
5. Place snow skin mooncake into a mooncake mold or mold into desired shape. ❄️



GIN WU

# Mango Sai Mai Lou

Prep Time: 5 mins  
Cook Time: 15 mins  
Servings: 2-3 servings

## INGREDIENTS

- 12 oz. bag of sago
- 1 can low-fat coconut milk
- 2 mangos

## INSTRUCTIONS

1. Add sago into boiled water and cook for about 15 minutes. Turn off the heat.
2. Cover and simmer for about 15 minutes until the sago becomes transparent.
3. Strain the water out and set aside for now.
4. Peel and dice the mango. Put some aside for topping.
5. Blend mango and coconut milk and mix into the sago.
6. Top with diced mango. ✨



# Shieana Xie

*Lowell High School*

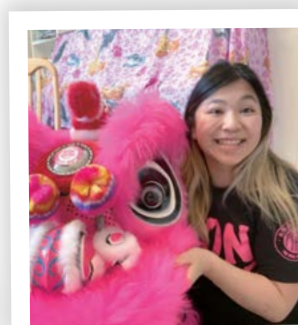
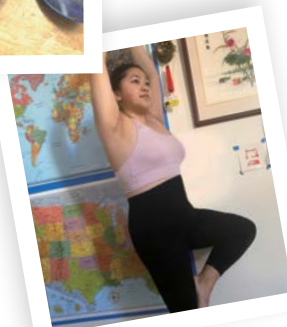
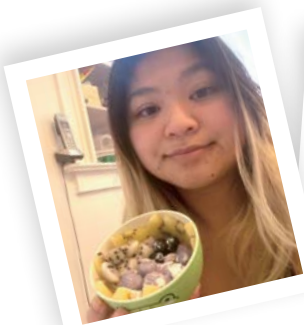
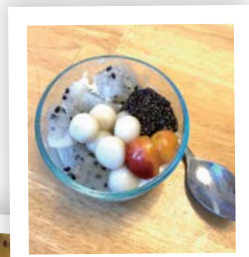
My name is Shieana and I just graduated from Lowell High School. I will be going to UC Davis in the fall for food science. In my free time, I enjoy baking, binging asian dramas, playing video games, drawing and bothering my cat. In the future, I hope to travel the world and be able to incorporate flavors from different countries into my diet. I also aspire to develop a healthy and sustainable food source that can outlive the declining natural resources available on Earth. But for now, I want to be able to influence the people around me to be more adventurous with the types of food they eat.

The Teen HEAL internship has allowed me to meet people who share similar interests with me and care about the nutritional and physical health of their community — allowing me to learn more about how learning environments and income affect our food choices. Other than learning simple and easy recipes that can be modified to my liking, I also gained the opportunity to share my creations with my community through school club meetings. Starting with my immediate family, I feel more comfortable discussing healthy eating habits with them and even encouraging them to adopt a more well-balanced mindset when it comes to food portion.

The program has also helped prepare me for the transition to college through insightful information about shopping and snacking wisely along with providing me helpful ways to fit exercise into my busy lifestyle. With social distancing, it has made it harder for me to exercise as I associate working out with the gym, but I have been able to implement a set time for me to exercise everyday at home thanks to at-home workout videos from Youtube. Although I don't know if I have gained or lost any weight, I can see a noticeable difference in my strength along with a leaner body. I have also been able to spend more time in the kitchen, modifying my favorite childhood recipes to be healthier so I can prepare them with ease in college. The influence of the Chinatown Public Health Center has motivated me to try cooking more traditional Chinese dishes such as cheung fun and jian bian.

With a variety of activities offered, from life speakers to cooking demonstrations, I have been able to learn more about different career paths and the life experiences that have led them to where they are now. Their motivational words have really inspired me to pursue my interests with my best abilities along with validating the struggles that I have gone through in high school. Furthermore, the cooking demonstrations have improved my basic cooking skills such as wrapping dumplings and rolling sushi.

The internship serves me in many ways; not only can I improve my understanding of nutrition and a healthy lifestyle, I can also share my passion for nutrition with my community. Just from one year of the internship, I have definitely noticed a significant change in my approach toward cooking and eating. It has definitely encouraged me to take a stronger initiative toward educating myself about a healthy mindset and lifestyle in order to live an active and fulfilling life. ❁



## INGREDIENTS

- 1 cup of milk or water
- 1 tsp. agar agar
- 1 tsp. matcha powder
- 2 tsps. sweetener
- ½ cup glutinous rice flour
- ½ cup tofu
- 1 Tbsp. matcha powder
- 1 ½ tsps. sugar
- 1 cup hot water
- optional: fruits, yogurt, any additional toppings

## INSTRUCTIONS

### MATCHA JELLY

1. Heat milk or water. Whisk agar agar and matcha powder into the liquid.
2. Sweeten to taste and pour into a flat container.
3. Chill in the refrigerator to harden.

### MOCHI

1. Slowly add tofu to glutinous rice flour.
2. Mix until soft and firm; add water if needed.
3. Roll into balls and cook over boiling water. When floating, scoop into cold water and drain.

### SYRUP

1. Combine sugar and matcha.
2. Add to hot water and cool.

### ASSEMBLY

1. Divide jelly and mochi into bowls
2. Top with any fruits, red bean paste or toppings of choice.
3. Pour syrup over toppings and serve! ✨



# Jelly Fruit Parfait

SHIEANA XIE

Prep Time: 15 mins  
Cook Time: 5 mins  
Servings: 4-5

## INGREDIENTS

- about 3 cups of sliced vegetables (examples below)
- 4 green onions, cut into 1 inch long
- ⅓ cup leek (optional), sliced thinly 1 inch long
- 3 oz. zucchini/carrot matchsticks (about ½ cup)
- 3 oz. onion, sliced
- ⅓ cup sweet potato/potato
- 1 fresh mushroom (white, baby portobello, or shiitake)

### Batter

- ¾ cup all-purpose flour
- ¾ cup water
- ½ tsp. kosher salt
- vegetable oil, for frying

### Dipping sauce

- 1 Tbsp. soy sauce
- 2 tsps. white vinegar
- 1 tsp. hot pepper flakes, optional
- 1 tsp. toasted sesame seeds

## INSTRUCTIONS

1. Combine soy sauce, vinegar, hot pepper flakes (if using), and sesame seeds in a bowl and mix. Set aside.
2. Cut vegetables into 1-inch sticks and combine them in a bowl. Add flour, salt, and water. Mix well.
3. Heat up a large non-stick skillet over medium-high heat. Spray vegetable oil to coat the skillet evenly. Add the batter to cover the skillet and spread evenly.
4. Cook for 4 to 5 minutes until the bottom turns golden brown. Grab the handle of the skillet and swirl it around so the pancake moves and is cooked evenly underneath.
5. Flip over the pancake.
6. Cook for 3 to 4 minutes until both sides turn light golden brown, occasionally pressing down with the spatula.
7. Flip it a couple more times and for 2 more minutes.
8. When nice and golden brown, serve with sauce and enjoy! ✨



SHIEANA XIE

# Vegetable Pancake

Prep Time: 10 mins

Cook Time: 15 mins

Servings: 2

For a large 12 inch pancake



## Iris Zhu

*Phillip and Sala Burton  
Academic High School*

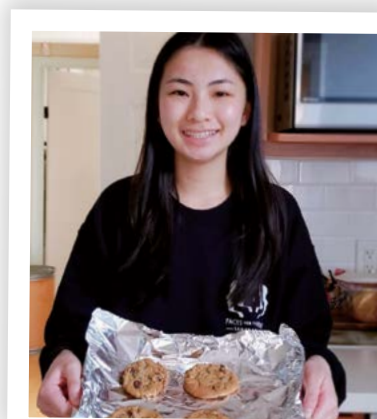
My name is Iris Zhu, a recent graduate from Phillip and Sala Burton Academic High School. I am eighteen years old and enjoy watching cafe vlogs and animal videos on YouTube, playing with my cat, creating small arts and crafts in my free time, and binge-watching my favorite shows; Brooklyn 99 is the best. I will be majoring in public health science in Fall 2020. I am passionate about serving the community, and hope to become a physician assistant in the future.

Participating in the Teen HEAL program has taught me many skills to lead a healthy and active lifestyle. I was never much of a cook before because I thought it was too time consuming to prepare all the ingredients, however I have learned that there are many simple, yet healthy recipes that one can make. I have gained confidence and comfortability in my cooking and baking. To me, the most important topic that we learned was nutrition. Many people tend to purchase food without understanding the nutritional value in their products, which can lead to many health issues in the long run. Before this program, I never gave much thought to the food I consumed, or to my eating habits, but upon learning more about nutrition, I began to eat healthier alternatives and change my eating habits. For example, instead of purchasing potato chips, which are fried in oil, I choose a healthy alternative, such as baked plantain chips. The many skills I have learned to lead a healthy and active lifestyle will stick with me during college and beyond.

Another aspect of this program that I believe was extremely helpful was the life speakers where many speakers from different professions came to talk to us about their journey. All of the speakers were remarkably inspiring as I have always wanted to become a healthcare worker, but have doubted myself and my abilities. Upon listening and talking to the life speakers, I realized that in order to succeed, I cannot second guess myself; instead, I must do what my gut tells me is right. The life speakers were able to relate to our experiences, which made interacting with them even easier. While learning how to cook healthy dishes is a large aspect of this program, finding one's passions is also equally emphasized so I believe that future participants will truly enjoy this program, and all it has to offer.

I want to specially thank all the staff at the Chinatown Public Health Center who have worked hard to create such an amazing program, dedicating their time to creating a fun time for the participants. I am especially thankful for Catharine and Vivian, who worked hard to teach us the skills and bring this program to the youth community. Also special thanks to Dr. Shelley for often coming to speak about health issues, and for encouraging us to follow our dreams.

It's unbelievable that this program has already come to an end. It feels like yesterday that we had our first meeting. Through this program, I was able to interact with the community, and see first hand the hard work that goes into educating a community. I encourage future participants to also take this opportunity as a stepping stone for serving their community. ✨





## INGREDIENTS

---

- ⅓ cup olive oil
- ½ cup honey or maple syrup
- 2 eggs
- 1 cup mashed ripe bananas  
(about 2 ½ medium or 2 large bananas)
- ¼ cup milk of choice
- 1 tsp. baking soda
- 1 tsp. vanilla extract
- ½ tsp. salt
- ½ tsp. ground cinnamon
- 1 ¾ cups whole wheat flour
- optional: ½ cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit, fresh banana slices...

## INSTRUCTIONS

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1. Preheat oven to 325 degrees Fahrenheit and grease a 9×5-inch loaf pan.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk.
3. Add the baking soda, vanilla, salt, and cinnamon, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean.
6. Let the bread cool in the loaf pan for at least 10 minutes. You may need to run a butter knife around the edges to loosen the bread from the pan. Carefully transfer the loaf to a wire rack to cool before slicing. ✿

Prep Time: 10 mins  
Cook Time: 55 mins  
Servings: 1 loaf

# Whole Wheat Banana Bread

IRIS ZHU



## INGREDIENTS

- $\frac{2}{3}$  cup plus  $\frac{1}{2}$  cup oat flour (140g)
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{2}$  tsp. baking soda
- 4 Tbsp. brown sugar
- 4 Tbsp. regular sugar
- $\frac{1}{3}$  cup chocolate chips, or more if desired
- optional  $\frac{1}{3}$  cup chopped macadamia or walnuts
- 1 tsp pure vanilla extract
- 2 Tbsp. canola oil
- 3-5 Tbsp. milk of choice, as needed

## INSTRUCTIONS

1. Preheat oven to 380°F.
2. Combine dry ingredients and mix very well.
3. Add wet ingredients.
4. Once combined, form into a big ball. Now make little balls from the big one.
5. For soft cookies, refrigerate until cold (otherwise, just bake right away).
6. Bake 7 minutes.
7. Remove from oven when they're still a little undercooked, then it's important to let cool 10 minutes before removing from the tray, as they'll continue to cook while cooling. They should have spread out, but every now and then they might not, so just smush down with a spoon if needed. ❁



# Oat Flour Chocolate Chip Cookies

IRIS ZHU

Prep Time: 9 mins

Bake Time: 7 mins

Servings: 14 - 20 cookies

Prep Time: 10-15 mins

Servings: 4 wraps

## INGREDIENTS

---

- 1 medium carrot
- 1 medium mango
- 1 medium cucumber
- 4 pieces rice paper
- a few mint leaves

## INSTRUCTIONS

---

1. Wash and peel carrot, mango and cucumber. Cut cucumber in half and take out the seeds.
2. Cut cucumber, carrot and mango into thin matchsticks, and set aside in a bowl.
3. Prepare a large bowl of warm water. Place one rice paper into water and take out immediately.
4. Place softened rice paper on a flat plate. Put prepared fruits and vegetables in the middle, top with mint leaves and wrap into a roll.
5. Repeat with rice paper and serve. ✿



CATHERINE WONG

# Mango Cucumber Wrap

# Ube Mantou



CATHERINE WONG

Prep Time: **15** mins  
(plus 2 hours for dough to rise)

Cook Time: **20-30** mins

Servings: **30-36** buns

## INGREDIENTS

- 6 medium ube, steamed and mashed (purple sweet potato or any Japanese sweet potatoes)
- 3 cups + 1 Tbsp. water
- 1 ½ Tbsps. baker's yeast
- 1 ½ tsps. salt
- 3 ½ cups whole wheat flour
- 3 cups all purpose flour (or 2 cups oat flour and 1 cup flour)
- 4-8 Tbsps. ground flaxseed

## INSTRUCTIONS

1. Heat three cups of water in a bowl to just above room temperature. Add yeast and salt to water.
2. Add both flours and ground flaxseed, one cup at a time. Mix slowly, then knead to combine.
3. Cover bowl with plastic wrap, and allow dough to rise until it doubles in size (about 1 hr).
4. Blend half of the cooked ube into dough and blend well. Divide into 30-36 balls.
5. Flatten dough and spoon in 1-2 Tbsp mashed ube into the middle before forming back into a ball.
6. Put prepared buns onto pre-cut 2" x 2" squares of parchment paper. Let rise for about 30 min or till double in size.
7. Steam for 20 minutes or until done. Cool on a wire rack. Mantou can be frozen for future use. ❄️

# Oat Flour Popovers

CATHERINE WONG



Prep Time: 15 mins  
Cook Time: 35 mins  
Servings: 12 popovers

## INGREDIENTS

- 2 cups 1% low-fat milk
- 4 eggs (or 2 egg yolks and 4 egg whites)
- 1 cup whole wheat flour
- $\frac{3}{4}$  cup oat flour (blend oatmeal to oat flour),  $\frac{1}{4}$  cup almond or whole wheat flour
- 4 Tbsps. ground flaxseed
- non-stick cooking spray

## INSTRUCTIONS

1. Heat milk until just warm.
2. Preheat the oven to 450°F with 12 foil muffin cups or muffin pan inside.
3. Combine the warm milk and eggs in a large bowl. Add all other ingredients and mix well.
4. Remove foil muffin cups or muffin pan from the oven and coat with non-stick spray. Fill cups or pan  $\frac{3}{4}$  full with batter.
5. Bake on the middle rack of oven for 20 minutes. Decrease oven temperature to 350°F and bake for another 15 minutes.
6. Immediately remove popovers from cups. Serve hot. ❁

# Mushroom Vegetarian Soup

CATHERINE WONG

Prep Time: 20 mins

Cook Time: 3 hrs

Servings: 20 servings

(1 serving = 1 cup)

## INGREDIENTS

- 20 pieces mushrooms, soaked
- 2 cups black eyed peas
- 2 stalks lotus root (optional), peeled and chopped
- 20 cups water
- 1 piece dried orange peel
- 1 cup raw peanuts
- 1 lb frozen, peeled chestnuts
- 15 red dates
- 6 sweet dates
- 1 tsp. salt

## INSTRUCTIONS

1. Pre-soak the mushroom and black eyed peas overnight in the refrigerator.
2. Wash lotus root, peel off the skin and chop into small pieces.
3. In a large pot over high heat, combine all ingredients, bring to a boil.
4. Reduce heat to medium and simmer for 3 hours.
5. Add salt to taste. ❄

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Contributors :      **Hali Hammer, M.D.**      **Sunny Pak, M.D., M.P.H.**      **Shelley Fung-Yeung, M.D.**      **Andy Chu**

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