

Healthy and Delicious Chinese Homemade Meals

I am not sure how all of you feel but eating healthy is very important and once in a while, I would cheat while eating on the naughty food. However, there are healthy alternatives to Chinese food that can be done at home. I will provide you with some healthy and delicious recipes that you can try making at home without gaining a lot of weight with junk and dessert food. And plus, the ingredients are cheap to get at your local grocery or Asian store.

1. **Egg Flower Soup.** Either use can chicken stock or cream of corn and scramble one whole egg. While it is slowly simmering in the pot, add in the egg mixture slowly either with a spoon or plastic spoon. And then add in some black pepper to taste.
2. **Green Beans and Mushrooms with Black Bean Garlic Sauce.** You can either use whole or chop up the mushrooms but it is better if you chop it up since it would cook faster. But first to add in the canola oil in the frying pan then put in fresh green beans. Let it simmer for 5 minutes and then add in the mushrooms and black bean garlic sauce. As an alternative to the sauce, there are ones without the garlic so you can just get the black bean sauce that is sold in Asian stores.
3. **Rice with Salted Chicken.** Add in rice with water in the rice cooker. If it is fresh, sprinkle salt on top of it and lay it on top of the uncooked rice. But if it is frozen, heat them up in the microwave for five minutes and then take them out. Do the same process of unfrozen chicken direction. And then let it cook in the rice cooker.
4. **Stir-Fried Eggs with Tomato.** On a frying pan, add in the canola oil, let it cook on medium heat to heat it up. Scramble the two or three eggs in a bowl and toss them in the frying pan for a bit. While it is doing that, chop up a tomato into small pieces. After the eggs are done cooking, slowly add in the chop tomatoes and mix them together.
5. **Lazy Man Dumpling Soup.** I named it that because you would be buying a package of dumplings that are premade already and have to be put in the freezer section of the fridge. First is to put the temperature on medium and add some water to the pot. Add in the dumplings along with the chicken base or add a can chicken broth in place of water. Let the dumpling sit in there while it is being cooked.
6. **Tomato and Potato Soup.** Get a big pot and fill most of the way with water. While it is slowly heating up under medium, get the tomatoes and chop a few of them up along with one whole potato if it is big. Dump in the potato and let it cook first for a bit and then add in the tomato chunks. Let it cook for at least half an hour or an hour.
7. **Stir-Fried Noodle Sticks.** For as long as I can remember, I would always chow down on this and would just be in heaven. It may be somewhat unhealthy but eating it once in a while is ok. In the frying pan, add in some canola oil but have it on medium. Open up the noodle stick package that you get at the asian store where it is already chopped at least an inch. Slowly add it in the frying pan and stir up the pieces along with some soy sauce, sugar and some mung beans. The soy sauce should just about cover the noodle. It is white and is wrapped in a plastic wrap with Styrofoam container.

Here are some of the recipes that are at the top of my head which I love to eat all of these from time to time or when I feel like it. Enjoy these delicious recipes when you feel like having your own homemade Chinese meals that are delicious and healthy.