

Year of the Rooster forecasts

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your mind, you will have a great deal of trouble getting what you desire.

■ **Fire Monkey:** The year may bring some setbacks, but don't despair. If you remain focused and work hard, there is light at the end of the tunnel.

■ **Earth Monkey:** As the Year of the Rooster flies in, you may find yourself under a lot of stress, Earth Monkey. Taking time for self-care, spending time in nature, pursuing hobbies, or hanging out with loved ones will all lead to relaxation and increased happiness.

The Rooster

Cock-a-doodle-doo, it's your year, Rooster! In a year with so much potential, be sure to seize opportunities when they present themselves to fully maximize your good fortune.

■ **Metal Rooster:** It's time to strut your stuff. Whether it be engaging in creative problem solving, working seamlessly on a team, taking on new projects, or showcasing leadership skills, you're sure to attract positive attention.



■ **Water Rooster:** Find yourself an adventure this

Rooster Year. Try something new, travel or explore nearer to home, or expand your culinary horizons — the possibilities are endless and exciting!

■ **Wood Rooster:** You have an abundance of energy this year, Wood Rooster. Be sure to harness it properly and focus on goals to make great strides.

■ **Fire Rooster:** The Year of the Fire Rooster has special meaning for you. Use this to your advantage to expand your skillset with training, classes, or even a new hobby. The dividends from these endeavors will surprise you!

■ **Earth Rooster:** Be sure to check in with family and friends. Though your star is on the rise, someone close to you may be struggling and in need of your support. In turn, they will be there for you when things get rocky.

The Dog

While the Year of the Rooster may prove challenging for you, there's no need to whimper. The Year of the Dog is just around the corner, so hang tight, limit risks, and your fortunes will soon improve.

■ **Metal Dog:** Tighten your belt, Metal Dog, and cut out any frivolous spending. It's time to live leanly and save up for unexpected expenses. This will help keep you out of the red zone financially.

■ **Water Dog:** While you may find yourself feeling

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Celebrate Lunar New Year by pulling out the stir fryer

By The Culinary Institute of America

At the same time many of us are packing away our noisemakers and champagne glasses, people all over the world are just beginning to prepare for the new year.

The Lunar New Year — the first day on a calendar based on the phases of the moon — is celebrated all over the world (this year on January 28), with each country and culture having its own different traditions and celebrations. The Lunar New Year is widely celebrated in China, but also in other countries such as Singapore, Taiwan, and Malaysia, where there are many people of Chinese origin.

The Lunar New Year is a huge celebration for Chinese Americans, and there are tons of traditions that help ring in the festival. Alongside gifts, parties, and decorations, special “lucky” foods are presented to bring prosperity in the upcoming year, like coin-shaped dumplings, long noodles to represent longevity, and oranges, which are a Chinese symbol of luck and good fortune.

Since food is so central to the celebration, a Chinese-inspired dinner is a great way for you and your family to share in the tradition with friends and neighbors. China is a very large country with many regions and a long



Photo/Phil Mansfield/Culinary Institute of America

history, which means there are many variations in what is considered traditional.

In this recipe for Chinese Take-Out Chicken and Broccoli, we offer an easy and familiar dish to teach an essential technique in Asian cuisine: stir frying, in which most ingredients can be used interchangeably, like shrimp or pork instead of chicken.

Once you have the hang of stir frying, you can begin to experiment with new ingredients. This recipe uses fresh ginger, scallions, and soy sauce. Other options include sesame oil, hot

chilies, Szechuan peppercorns, and oyster sauce — a very common Chinese ingredient that acts more like a seasoning than its own flavor.

We live in a global community where we are inspired by the traditions of people halfway across the world. This Lunar New Year, take an opportunity to share in the celebration — and maybe next year you'll be ready to make those coin-shaped dumplings!

This article was provided to The Associated Press by The Culinary Institute of America in Hyde Park, New York.

Chinese Take-Out Chicken and Broccoli

Start to finish: 25 minutes
(Active time: 20 minutes)
Servings: 4 to 6

3 tablespoons vegetable oil
1 pound boneless, skinless chicken breast, cut into 1-inch cubes
2 tablespoons chopped garlic
2 tablespoons chopped ginger
1 bunch green onions, sliced
2 tablespoons cider or rice vinegar
2 tablespoons sugar
3 tablespoons soy sauce
1 cup chicken stock or water
2 tablespoons cornstarch
4 cups (1 bunch) broccoli florets, broccoli rabe, or broccolini

In a large sauté pan or wok, heat the oil over medium-high heat. Add the chicken and cook until golden brown, stirring the chicken occasionally to cook it evenly on all sides, about five minutes. Transfer the cooked chicken to a plate and set aside.

Add the garlic, ginger, and green onions to the pan and cook until fragrant, about one minute.

In a medium-size bowl, combine the vinegar, sugar, soy sauce, chicken stock or water, and the cornstarch. Mix with a whisk until there are no clumps and set aside.

Add the broccoli to the pan. Add the cornstarch mixture and stir to coat the broccoli.

Stir in the chicken, cover the pan with a lid or aluminum foil, and cook on medium-high heat until the broccoli is bright green and cooked through, for three to five minutes.

Nutrition information per serving: 270 calories (67 calories from fat); 8 g fat (1 g saturated, 0 g trans fats); 83 mg cholesterol; 552 mg sodium; 19 g carbohydrate; 3 g fiber; 7 g sugar; 30 g protein.

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