

# How to stay healthy in the winter with colorful vegetables and spices

**Benefits of vitamin A:**  
Vitamin A is important for your eyes, skin, and immune function. If you don't have enough of this vitamin you are more likely to get increased viral infections, night blindness, and dry eyes.



Even though summer is over, there are still many ways to keep up your fruit and vegetable intake. Foods that are brightly colored have lots of vitamins that help you to not get sick with a cold or the flu. Examples include sweet potato, pumpkin, winter squash, garlic, onion, ginger, spinach, lettuce, carrots, bell pepper, and broccoli. Check out the recipe on the next page that uses pumpkin. It is a great source of vitamin A.



**Benefits of garlic:**  
Some studies have found that garlic decreased the number of days people had a cold or flu!



Foods used to flavor a dish, like "adah-roshun" or "ginger-garlic", are actually great for preventing the common cold and flu. The recipe below uses both ginger and garlic, so that means you are getting a double boost of nutrients!



**Benefits of ginger:**  
Ginger stops the growth of bacteria and fresh ginger can even kill the virus that causes infections in your nose and throat.



# Spicy Chicken & Pumpkin Curry

## Ingredients

- Chicken breast-1 lb
- Pumpkin or squash – 200 grams
- Onion – 2 large
- Tomato – 1 large
- Ginger – 2 inch size
- Garlic – 10 grams
- Olive oil or vegetable oil – 4 tbsp
- Green chili or Jalapeno pepper – 2
- Chili powder – 2 tbsp
- Coriander powder – 1 tbsp
- Garam Masala powder – 1 tsp
- Cumin powder – ½ tsp
- Turmeric powder – ½ tsp
- Coriander leaves – ½ bunch
- Bay leaves – 4
- Mustard seeds – ½ tsp
- Salt to taste

1. Cut chicken into bite size pieces. Cut pumpkin into large 2 x 2 inches. Chop onions and tomatoes finely.
2. Make a paste of ginger and garlic.
3. Slit green chili lengthwise.
4. To a heavy bottomed pan, add oil. Once oil is hot, add mustard seeds and allow it to pop.
5. Add the chopped onions and salt, sauté until onions become golden brown.
6. Add ginger and garlic paste, tomatoes and the green chili. Sauté until oil separates from the mixture.
7. Add all the powders and bay leaves. Sauté for 2 minutes until the raw flavor from the powders leave, be careful not to burn.
8. Add chicken pieces and bring to boil. Lower the flame and simmer for 20 minutes, covered. Stir occasionally.
9. When the chicken is about 75% done add the pumpkin cubes, mix well and simmer for another 20 minutes, covered, and your spicy pumpkin and chicken recipe is ready.
10. Serve hot with onion rice or naan bread with melted butter.



Adapted from:

<http://www.bawarchi.com/recipe/spicy-chicken-and-pumpkin-curry-okggANdhjgiha.html>

Vitamin A  
from  
pumpkin or  
squash

Lean protein  
from  
chicken

Flavorful  
spices

Creating Healthy  
Asian American Communities  
in Michigan



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