



#### B-GROUP VITAMINS

B vitamins are protective in the incidence of dementia, and reduce oxidative stress to the brain. Vitamin B12 can be found in most animal sources of food like meat, poultry, fish, dairy and eggs.

## Black Bean Chicken Feet with Chinese Yam Soup

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8 Healthy Tasty Easy

Goodlife! Makan

A Programme by MontfortCare



Adapted from the recipe contributed by Foong Keng Sung, Goodlife! Makan



Chef Pay Jun Loong

## Ingredients

Chicken feet .....	8 pcs
Chicken breast .....	80 g
Black beans .....	150 g
Chinese red dates .....	6 pcs
Chinese yam (peeled, cubed 1 cm size and blanched).....	100 g
Peanuts .....	2 Tbsp
Goji berries .....	1 Tbsp

## Nutritional Information (350 g per serving)

Energy .....	470 kcal
Carbohydrate .....	35 g
Protein .....	42 g
Fat .....	16 g
Saturated Fat .....	3 g
Cholesterol .....	110 mg
Dietary Fibre.....	10 g
Sodium .....	150 mg

## Cooking Method

1. Prepare chicken feet by peeling away outer yellow skin, if any. Chop off and discard tips of claws (nails).
2. Wash clean the black beans. Drain.
3. Bring water to boil (1200 ml). Add chicken feet, red dates, black beans, chicken breast and peanuts.
4. Bring to boil, reduce heat and simmer for about 20 minutes. Add Chinese yam and continue to simmer for another 10 minutes.
5. Add goji berries and season with salt to taste. Serve hot.