

Recipe Book

from

2015 Healthy Asian Recipe Contest

Asian Center-SE MI



Note: The recipes in this book belong to their authors and Asian Center-SE Michigan. There is no copy right. We encourage community people to copy them and share with friends and families, spread widely in the community for daily use. This is the goal of the book: to help the community practice healthy eating.

Preface

This book contains recipes of the 20 finalists from our 2015 “Healthy Asian Recipe Contest” offered by Asian Center – Southeast Michigan (AC-SE MI). These recipes were created by community people following the contest requirements to be healthy, tasty and easy to make. And they have to use all ingredients available in regular supermarkets, no special ingredients that can only be purchased in the Asian grocery stores. The goal of the contest is to raise awareness of healthy diet for our community and to promote healthy eating.

This is the 2nd recipe book we made; the first one was published in 2012. It was well received; many people used it and incorporated into their daily, common dishes. The users even told us the size is perfect to use in the kitchen, so we keep the same size and format. Our goal is to spread it widely and to use it frequently. We do encourage people to copy and use it.

Our contest selection process remained the same; although there were some members changed in our Jury. The nutrition values were always calculated by our nutrition specialists and dieticians. We also have various ethnic representatives in the Jury to make sure all recipes can be understood and evaluated properly by the Jury. Of course, the Executive Chef of Henry Ford West Bloomfield Hospital, Mr. Robert Hindley, is in our Jury. He will actually conduct a cooking demonstration of the top three recipes at the “Asian American Health Expo” on May 2, 2015 at the Henry Ford West Bloomfield Hospital.

And we will have 80 people taste all top 3 dishes and vote for #1, #2, and #3 winners. It is another way to raise people's interest on healthy recipes.

The award ceremony will follow after the voting, it will mark the highlight of the contest. We would take this opportunity to thank Henry Ford West Bloomfield Hospital, Mr. Hindley, our Jury, community leaders and all contestants for making this contest a successful and exciting event. We wish you all "Healthy Eating".

Asian Center – Southeast Michigan
Recipe Contest Team
April 25, 2015

Contents

Recipe	Author	Page
Chinese		
Gourmet Baked Tofu Patties	Chen, Chengfong	1
Kiwi Sea Bass	Chen, Chung-Ing	2
Asian Style Coleslaw	Chung, Kathleen	3
Beancurd (Tofu) & Chinese Spinach Pottage	Gu, Sharon	4
Asian Wraps	Ho, Yumie	5
Black Rice Cod Salad	Shueh, Hui-Lun	6
Ginger Chicken Rice noodle	Wang, Jessica	7
Asian Turkey Quinoa Meatballs & Zucchini "Linguine"	Yen, Yuping	8
Filipino		
Steamed Tilapia	Kittinger, Hilda	9
Fish Pesa	Montano, Sonia	10
Sauteed Mung Beans with Shrimp	Risvold, Amy	11
Black-Eyed Peas Curry with Grits	Sonal, Punja	12
Korean		
MJ's Chigae	Osia, Marjorie	13
Hoison Baked Cod With Chilled Cucumber	Kwon-Evans, Julie	14
Indian		
Quinoa with Chicken	Marwah, Priya	15
Palak (spinach) with Tofu	Marwah, Vimal	16
Khush Khush (Quinoa Salad)	Patel, Manjula	17
Moong & Sweet Potato Delight	Sardana, Manju	18
Vietnamese		
Chicken Stew with Lima Bean	Duong, Linh	19
Sesame Tofu Sandwich	Huynh, Marie	20

1

Makes 4-6 servings



Serving size: 100g
Total Calories: 147.9
Calories from fat: 50.4
Cholesterol: 0 (mg)
Fiber Content: 2.6 g
Sodium: 79 mg

- 1 lb extra firm tofu or pressed firm tofu
- 2 tbsp olive oil
- 2 garlic cloves, minced
- ½ cup finely chopped celery
- ½ cup finely chopped parsley or basil leaves
- 1 tbsp minced jalapeno pepper
- 1 tbsp minced fresh ginger
- 1 cup fresh or frozen corn
- ½ tsp turmeric
- 1 tsp paprika
- 1 tsp gr coriander
- ½ tsp gr cumin
- 1/3 tsp dried thyme leaves
- ½ tsp gr black pepper
- ½ tsp salt
- ½ tbsp soy sauce
- 1 cup COLD cooked brown rice
- 1/3 cup flour
- 1 cup fine whole wheat bread crumbs

1. Preheat the oven to 375 degrees .
2. In a large bowl, cut tofu into chunks, and mash tofu with your hands or a potato masher.
3. Sauté the veggies (celery, garlic, parsley or basil, jalapeno, ginger) in the olive oil on med-high heat for 5 - 10 minutes. Add the corn and spices and sauté another minute or two
4. Add the veggie spice mixture, rice and flour to the tofu, and mix well by hand.
5. Form into a dozen balls, flatten to 3/4" thickness, coat with bread crumbs and place on a baking sheet.
6. Bake for 25 minutes until the outside is crisp and browned.

****Good served with spicy tomato or tahini sauce, salsa, or even ketchup**

Kiwi Sea Bass (Chinese)

By Chen, Chung-Ing



Nutrition Info:

Serving size: 100g

Total Calories: 83.2

Calories from fat: 22.2

Cholesterol: 22.4 (mg)

Fiber Content: 0.68 g

Sodium: 225.4 mg

Makes 2-4 servings

Ingredients

- 1.5 lbs Sea Bass
- 1 cup lemon juice
- 1 cup Kiwi diced
- ½ cup shredded onion
- 3 tbsp diced green onion
- 1 tbsp minced garlic
- 2 tbsp coriander
- 2 tbsp basil end

Seasonings

- 1 tbsp olive oil
- 1 tsp salt
- ¼ tsp freshly grind black pepper

Methods

1. Sprinkle sea bass with salt, pepper, topped with ¼ cup lemon juice, put into the steamer (Steam for 10 minutes).
2. Sauce: Take a big bowl, put kiwi, onion, diced green onion, garlic, parsley, basil, olive oil, 1/2 cup lemon juice, salt and black pepper into the bowl, mix well, then set aside.
3. Place steamed sea bass on a plate, top with the above prepared sauce and add another ¼ cup lemon juice.

Asian Style Coleslaw (Chinese)

By Chung, Kathleen



Nutrition Info:

Serving size: 100g

Total Calories: 41.5

Calories from fat: 21.5

Cholesterol: 0 (mg)

Fiber Content: 1.19 g

Sodium: mg

Makes 8 servings

Ingredients

- 3 tbsp smooth peanut butter
- 2 cloves garlic, minced
- 1 tsp salt
- ½ tsp sugar
- ½ tsp black pepper
- 2 tbsp rice vinegar
- 2 tbsp soya sauce
- ½ tsp chili sauce, like Tabasco (option)
- ½ cup chopped coriander leaves
- 2 tbsp chopped fresh chives
- 2 red capsicums, thinly sliced
- 1 medium sized cabbage, finely shredded
- 2 tbsp toasted sesame seeds

Methods

1. Stir together peanut butter, garlic, salt, sugar, black pepper, rice vinegar, soya sauce and chili sauce until smooth.
2. Fold in coriander, chives, and red capsicum. Add shredded cabbage, and toss until well coated.
3. Scoop into a serving bowl, cover with plastic wrap, and refrigerate 1 hour.
4. Sprinkle with sesame seeds before serving.

Bean Curd (Tofu) & Chinese Spinach Pottage (Chinese)

By Gu, XiaoHong (Sharon)



Nutrition Info:

Serving size: 100g
Total Calories: 22.1
Calories from fat: 7.9
Cholesterol: 1.57 (mg)
Fiber Content: 1.28 g
Sodium: 79 mg

Makes 3-4 servings

4

Ingredients

50g	chicken breast strips
¼	ginger powder
3	tsp cornstarch
2 ½	tbsp of cooking oil
5	cups and 2 tbsp Water
2	fresh mushrooms (Baby Portobello)
50g	Frozen Chinese spinach
500g	silken Tofu
½	tsp Table salt

Methods

1. Cut chicken breast into small strips. Mix it well ginger powder, 1 tsp of cornstarch and ½ tsp of cooking oil. Set it aside for use.
2. Cook 3 cups of water until boiling and turn off the fire. Immediately, pass the chicken strips through the boiled water while stir to separate them using chopsticks. Then take them out from the water at once. Set it aside for use.
3. Clean and cut mushrooms into thin slices.
4. Defrost Chinese spinach and cut them into small pieces.
5. Make thickener: disperse 2 teaspoons of cornstarch in 2 tbsp of water.
6. Heat 2 tablespoons of oil, and stir fry the Chinese spinach for 1 minute first, and then add sliced mushrooms and chicken strips all together to stir fry for a little while. Add 2 cups of water and cook until boiling, followed by adding Tofu (diced carefully), and salt as needed and keep boiling for 3 minutes.
7. Stir the thickener in and keep for a half minute. Then turn off the fire.
8. Add a little bit sesame oil and pepper powder, and mix well to serve.

Asian Wrap (Chinese)

By Ho, Yumei



Nutrition Info:

Serving size: 100g

Total Calories: 84

Calories from fat: 45.1

Cholesterol: 18.5 (mg)

Fiber Content: 0.83 g

Sodium: 113.1 mg

Makes 20 wraps

5

Ingredients

- ¾ lb boneless, skinless chicken breast, cooked and coarsely shredded
- ¼ lb fresh bean sprouts
- ½ small head Napa or Chinese cabbage, shredded (about 3 cups)
- 1 medium carrot, shredded (about 1 cup)
- 6 scallions (green onions), thinly sliced
- 1/4 cup white vinegar
- 3 tbsp canola oil
- 2 tbsp light soy sauce
- 1 tbsp sesame oil
- 2 garlic cloves, minced
- 2 tsp ground ginger
- ½ tsp black pepper
- 1 to 2 heads Bibb lettuce, separated to obtain 20 leaves

Methods

1. In a large bowl, combine chicken, bean sprouts, cabbage, carrot, and scallions; mix well.
2. In a small bowl, combine vinegar, canola oil, soy sauce, sesame oil, garlic, ginger, and black pepper; mix well then pour over cabbage mixture. Mix until evenly coated.
3. Spoon an equal amount of chicken mixture onto center of each lettuce leaf and fold like an envelope. Turn over and place on a serving platter.

Black Rice Cod Salad (Chinese)

By Shueh, Hui-Lun



Nutrition Info:

Serving size: 100g

Total Calories: 231.4

Calories from fat: 107

Cholesterol: 9.4 (mg)

Fiber Content: 3.9 g

Sodium: 279.4 mg

Makes 4 servings

6

Ingredients

- | | | | |
|-----|--|-----|--------------------|
| 1 ½ | Cup Black Rice | 4 | 2 Oz – Cod Fillets |
| ¼ | tsp & 1/8-tsp – Salt | 1/8 | tsp – Black Pepper |
| 4 | tblsp – Olive Oil | | |
| 1 | Avocado | | |
| 1 | Lime (2-Tsp Zest; 1-Tbsp juice) | | |
| ¼ | Cup – Macadamia Nuts (crunched) | | |
| 2 | tblsp Wheat Breadcrumbs | | |
| 6 | Sweet Cherry (Gold) Tomatoes (cut to wedges) | | |
| 3 | Sticks – Scallions (diced to small size) | | |
| 6 | Leaves – Mint (thinly slicing) | | |

Methods

1. Boil 4 cups of water in a pot and add black rice, keep on mid-high heat until tender (about 25 minutes). Drain thoroughly.
2. When rice is cooking, chop Avocado to small cubes; top with lime juice to prevent browning. Mix 1/8 Tsp salt.
3. Season the cod fillets with 1/4 Tsp salt & 1/8 Tsp black pepper on both sides. Coat 1 side of each fillet in the breadcrumb-macadamia nut mixture.
4. Heat 2 Tbsp olive oil on mid-high in a non-stick pan. Cook cod, crusted side down first, 2-3 minutes per side.
5. Stir rice, tomato wedges, avocado cubes, diced scallions, chopped mint leaves, lime zest; add 2 tbsp olive oil. Divide the rice salad between 4 dishes. Top each with a cod fillet.

Ginger Chicken Rice Noodle (Chinese)

By Wang, Jessica



Nutrition Info:

Serving size: 100g
Total Calories: 184.3
Calories from fat: 59.7
Cholesterol: 46.1 (mg)
Fiber Content: 0.7 g
Sodium: 136.9 mg

Makes 2 servings

7

Ingredients

- 2 skinless, boneless chicken breast halves (about 10 oz total)
- 2 tbsp very finely chopped green onion
- 1 ½ tsp grated fresh ginger
- 3 cloves garlic, minced
- 1/8 tsp salt
- 2 oz dried rice noodles
- ½ cup chopped carrot
- ½ tsp finely shredded lime peel
- 2 tbsp coarsely chopped peanuts
- 4 cups water
- 3 tsp olive oil
- 1 tbsp lime juice
- 2 tbsp fresh cilantro

Methods

1. To prepare chicken: In a bowl, combine green onion, ginger, garlic, salt and 1 tsp oil. Sprinkle evenly over chicken, rub in with your fingers. Cover and chill in refrigerator for 24 hours.
2. Grill chicken on an uncovered grill directly over medium coals for 12 to 15 minutes or until tender and no longer pink (170 ° F), turning once. Thinly slice chicken diagonally; set aside.
3. In a large saucepan, cook rice noodles and carrot in boiling water for 3-4 minutes or until noodles are tender; drain. Rinse with cold water; drain again. Use kitchen scissors to snip noodles into short lengths.
4. In a medium bowl, stir together lime peel, lime juice, and the 2 tsp oil. Add noodle mixture and cilantro; toss gently to coat.
5. Divide noodle mixture between two bowls; arrange chicken slices on noodle mixture. Sprinkle with peanuts. Serve immediately.

Asian Turkey Quinoa Meatballs & Zucchini “Linguine” (Chinese)

By Yen, Yuping



Nutrition Info:

Serving size: 100g

Total Calories: 140.2

Calories from fat: 72.3

Cholesterol: 50.58 (mg)

Fiber Content: 0.67 g

Sodium: 403.6 mg

Makes 4 servings

Ingredients

- | | |
|--|-----------------------------|
| 1 lb ground turkey | 1 tsp salt |
| ¼ cup cooked quinoa | ½ tsp black pepper |
| (rinse 1/3 cup dry quinoa + 2/3 cups water; cook in about 15 minutes to get 1 cup cooked quinoa) | |
| 2 scallions minced | |
| ½ medium carrot, grated and chopped finely | |
| 1 tsp grated ginger | 1 tsp dried parsley |
| 1 tsp dried cilantro | 2-3 medium grated zucchinis |
| 1 tbsp extra virgin olive oil | 1 tbsp balsamic vinegar |
| ¼ tsp Asian 5-spice powder (even can find at some dollar stores) | |
| 1 medium lime juice (freshly squeezed) | |

Methods

1. Preheat oven to 350°.
2. Combine the turkey and quinoa in a large bowl. Add scallions, carrots, herbs, ginger, lime juice, salt and pepper. Stir everything together with hands until it can be rolled into little balls easily.
3. Roll out the turkey mixture into bite size (or whatever size preferred - bigger size requires longer bake time).
4. Place meatballs on a baking pan. Bake for 15 minutes, depending on the size, until no longer pink in the middle.
5. While baking the meatballs, make the “pasta”! Peel down a raw zucchini lengthwise, creating linguine-like strips.
6. Arrange zucchini pasta in a plate. Add meatballs on top, drizzle with extra virgin olive oil and balsamic vinegar.

Steamed Tilapia (Filipino)

By Kittinger, Hilda

Makes 3 servings



Nutrition Info:

Serving size: 100g
Total Calories: 137.37
Calories from fat: 42.43
Cholesterol: 47.93 (mg)
Fiber Content: 0.14 g
Sodium: 367.54 mg

Ingredients

- 1 lb Tilapia 1 inch steak cut
- ¼ tsp ground pepper
- ½ inch ginger thinly sliced
- 3 tbsp low salt soy sauce
- 1 tbsp. Sesame Oil

Garnish:

- 1 inch ginger thinly sliced lengthwise
- 4 stalks scallions French cut 3 inches

Methods

- 1. Set 2-layer steamer to a boil.
- 2. Place fish on a heat resistant dish. Sprinkle with ground pepper.
- 3. Combine soy sauce and sesame oil. Pour over fish. Garnish with sliced ginger, then place dish in the steamer. Cook for 15-20 minutes.
- 4. Garnish with sliced scallions and ginger.
- 5. Serve with steamed brown rice.

Fish Pesa (Filipino)

By Montano, Sonia



Nutrition Info:

Serving size: 100g
 Total Calories: 137.37
 Calories from fat: 42.43
 Cholesterol: 47.93 (mg)
 Fiber Content: 0.14 g
 Sodium: 367.54 mg

Ingredients

- 4 cups rice water
- 1 small onion (sliced)
- 4 slices of ginger , peeled
- 6 pieces of peppercorns
- 1 medium size catfish
- ½ small head of cabbage, quartered
- 4 stalks of spring onions, cut into 2" length
- salt to taste

Misu sauce: tsp crushed garlic

- 1 tbsp chopped onions
- 1 tbsp chopped tomatoes
- 1 tbsp Olive oil
- ½ cup misu
- salt and pepper to taste

Methods

1. In a saucepan, combine, rice water, onions, ginger and peppercorns. Bring to a boil. Add fish and vegetables and let simmer until cooked. Salt to taste and serve hot with misu sauce.
2. To make Misu sauce: Saute garlic, onions, tomatoes in oil. Add misu and cook for 10 minutes.

Sautéed Mung Beans With Shrimp (Filipino)

By Risvold, Amy



Nutrition Info:

Serving size: 100g
 Total Calories: 52.71
 Calories from fat: 26.23
 Cholesterol: 23.95 (mg)
 Fiber Content: 1.03 g
 Sodium: 200.76 mg

Makes 6-8 servings

Ingredients

- 1 cup washed mung beans
- ½ can (6 fluid oz) coconut milk
Note: shake can well before opening or stir contents well after opening.
- 2 tbsp olive oil
- 4 cloves chopped garlic
- 1 medium sized chopped onion
- 1 medium sized chopped tomato
- 1 pound raw large shrimp
- 1 beef or chicken broth cube
- ½ pound washed fresh spinach leaves
- ½ tsp salt and pepper to taste
- 1 liter (1000 cc) of water

Methods

1. In a deep pot, bring the mung beans and water to a boil; cook at a boil about 40 minutes until it is soft or beans burst open
2. Add coconut milk, mix well. Set aside.
3. Heat cooking oil in a pan.
4. Sauté garlic, onion and tomato.
5. Mix in the shrimp and let it cook for a couple of minutes.
6. Add the broth cube and let it dissolve.
7. Pour the mixture of #4, 5 and 6 into the pot of mung beans.
8. Season with salt and pepper to taste.
9. Put the lid back on and let it boil, then add spinach leaves and mix well.
10. Turn off the heat. Ready to serve.

Black-eyed Peas Curry with Grits (Filipino)

By Sonal, Punja



Nutrition Info:

Serving size: 100g
 Total Calories: 38.4
 Calories from fat: 16.8
 Cholesterol: 0 (mg)
 Fiber Content: 0.84 g
 Sodium: 83.9 mg

Makes 6-8 servings

Ingredients

Black-Eyed Peas Curry:

- | | |
|-----------------------------|------------------------|
| 1 cup dried black eyed peas | 3 cups water |
| 2 tbsp Olive Oil | |
| 1 medium onion chopped | |
| ½ inch ginger minced | 3 cloves garlic minced |
| 1 medium tomato chopped | 1 tsp curry powder |
| ½ tsp salt | 1 cup water |
| Cilantro for garnish | |

Grits:

- ¼ cup grits
- ¾ cup hot boiling water

Methods

1. Place the dried black-eyed peas in a Dutch oven or a heavy-bottomed pot. Add the 3 cups of water and bring to a rolling boil for 5 minutes and then turn heat off and cover pot and let sit for 2 hours.
2. Heat the olive oil in a pan on medium high heat. Add onions and cook for 5 minutes. Add ginger and garlic and cook for another 3 minutes. Stir constantly.
3. Add tomatoes, curry powder and salt and reduce heat to medium low and let the mixture simmer for 15 minutes while stirring occasionally. Cover and take off the heat.
4. When the black-eyed peas are done, drain. Add the onion and tomato mixture and mix well.
5. Add the 1 cup of water, cover and simmer for 15 minutes.
6. In a sauce pan, pour the grits and add the hot boiling water. Then stir until all the grits are mixed. Cover and let sit for 5 minutes.
7. When both items are cooked, split the grits into two plates, top with the black-eyed peas curry and garnish with cilantro and serve.

MJ's Chigae (Korean)

By: Osia, Marjorie



Nutrition Info:

Serving size: 100g
 Total Calories: 79.08
 Calories from fat: 32.18
 Cholesterol: 61.15 (mg)
 Fiber Content: 1.11 g
 Sodium: 325.96 mg

Ingredients

- 2 cups of sliced mushrooms of your choice
- 6 cloves of garlic, chopped
- 1 chili pepper or jalapeno, sliced (depending on how spicy you want it)
- 1 large white onion, sliced
- 2 tbsp of oil
- 4 cups of water
- Any broth seasoning (vegetable, beef, chicken, etc.)
- 1 tbsp red pepper flakes
- 2 cups of protein of choice (small clams, shrimp, small cubes of beef, chicken, or fish)
- 1 package of extra soft tofu
- 2 eggs
- 2 green onions, sliced
- Kimchi and rice to serve (optional)

Methods

1. In a large pot, sauté the mushrooms, garlic, chili pepper, and onion in the oil until they soften.
2. Add 4 cups of water and bring to a boil and simmer for 15 minutes.
3. Add the broth seasoning, and red pepper flakes to the soup. Add more water if necessary and then bring it back to a boil.
4. Add your choice of protein to the soup and bring to a boil.
5. Add the extra soft tofu to the soup by breaking it up into chunks. Bring to a boil.
6. Add the eggs
7. Serve in bowls and garnish with green onion. Enjoy with rice and kimchi.

Hoison Baked Cod with Chilled Cucumber (Korean)

By: Kwon-Evans, Julie



Nutrition Info:

Serving size: 100g
Total Calories: 90.98
Calories from fat: 20.36
Cholesterol: 28.35 (mg)
Fiber Content: 1.51 g
Sodium: 265.34 mg

Makes 4 Servings

Ingredients

- 1 large English cucumber, roughly chopped
- 1 tbsp of soy sauce
- 1 piece of ginger
- ½ cup lightly packed cilantro
- ¼ cup of hoisin sauce
- ¼ cup of lightly packed basil
- Juice from 1 lime
- 4 6-8 oz cod filets
- 6 bunches of scallions, thinly sliced dark and light green parts (whites reserved for another use)
- 1 avocado
- Micro radish greens (optional)
- 1 small jalapeno, seeded
- Kosher salt as needed

Methods Preheat oven to 375°F

1. In a food processor or Nutribullet, blend the first six ingredients (only three scallions) and ½ tsp salt until finely ground. Pour over lined colander and let the liquid strain through. Set aside.
2. Halve the cherry tomatoes and mix with soy sauce, rest of scallions, and the grated ginger (less if you prefer less ginger). Set aside. (This step can be done up to 4 hours in advance)
3. Completely coat the cod with the hoisin sauce and place on a parchment-lined baking sheet and bake for about 10 minutes. Cod cooks quickly and will continue to cook once you pull it out of the oven.
4. While cod is cooking, thinly slice the avocado and divide amongst 4 bowls. Divide cherry tomatoes between the bowls on top of the avocado.
5. Place the cod on top of the cherry tomatoes, garnish with micro greens (optional).
6. To finish, slowly pour the cucumber broth into each bowl (not pouring on top of the fish), and serve.

Quinoa with Chicken (Indian)

By Marwah, Priya



Nutrition Info:

Serving size: 100g
Total Calories: 102.35
Calories from fat: 31.13
Cholesterol: 21.92 (mg)
Fiber Content: 1.13 g
Sodium: 170.01 mg

Makes 6-8 servings

15

Ingredients

- 1 cup of Quinoa
- 3 cups of water
- 1 Tbsp of olive oil
- 1 Tbsp of cumin powder
- 2 Tbsp of coriander powder
- 1 lb of skinless, boneless chicken – boiled and shredded
- 4 Tbsp of low sodium soy sauce
- ¼ cup of hot sauce or to taste
- ¼ cup of boiled and peeled almonds cut into small pieces
- A few slices of cucumber, and a few stick of carrot for garnish

Methods

1. Put Quinoa and water in a pan and boil. Then, turn at low heat until water is gone.
2. In another nonstick pan, put olive oil, cumin powder, coriander powder, Quinoa, chicken, soy sauce, hot sauce, and almonds. Cook for 5 minutes at low heat.
3. Serve.

Palak (Spinach) with Tofu (Indian)

By Marwah, Vimal



Nutrition Info:

Serving size: 100g

Total Calories: 42.88

Calories from fat: 13.07

Cholesterol: 0 (mg)

Fiber Content: 1.57 g

Sodium: 105.48 mg

Makes 4-6 servings

16

Ingredients

- 1 package of chopped spinach (8 oz)
- 1 medium onion, chopped
- 1 medium tomato, chopped
- 1 tsp salt
- ¼ tsp Turmeric
- 1/8 ground red pepper or to taste
- 1 cup tofu cut into ¼ inch squares and baked in oven at 450°F for 15 to 20 minutes

Methods

- 1. In a pot, put chopped spinach, onion, tomato, and 2 cups of water.
- 2. When it comes to boil, let it cook on medium heat until all the water dries out.
- 3. Pour everything in a blender, including all condiments and blend for about a minute, then pour it back in the pan.
- 4. Add tofu and cover the pot, let boil for 1 minute
- 5. Serve hot

Khush Khush (Quinoa Salad) – (Indian)

By Patel, Manjula C.



Nutrition Info:

Serving size: 100g
 Total Calories: 102.35
 Calories from fat: 31.13
 Cholesterol: 21.92 (mg)
 Fiber Content: 1.13 g
 Sodium: 170.01 mg

Makes 4-6 Servings

Ingredients

- 1 cup of Quinoa (substitute of meat -high protein)
- 2 cup of water
- 1 tbsp apple cider vinegar
- 1 cup of mixed bell peppers – chopped (Red, Green, Orange, Yellow)
- 1 red onion
- 1 tsp cumin seeds
- 1 tsp of chopped green chilli (or jalapeno hot pepper)
- 1 tsp of ginger-green paste
- 1 tsp of lime juice
- 1 tsp salt
- ½ tsp pepper powder
- ¼ cup extra-virgin olive oil
- ¼ cup of cilantro leaves chopped
- ¼ cup cashew and pea nut
- ¼ cup straw berry for decoration

Methods

1. First take one cup of Quinoa in a large saucepan and add 2 cups of water. Boil together for 10-15 minutes. Cook uncovered, over medium heat for 10 minutes.
2. Strain and rinse well with cold water, shake to remove all the moisture.
3. Mix with 1 tablespoon of apple cider vinegar
4. Now, prepare cutting all different colors of bell peppers and cilantro leaves.
5. After quinoa dries, transfer it into a large bowl. Add chopped bell peppers, cucumbers, onion, tomato, olive oil, vinegar, lime juice, salt, and black pepper. Toss well.
6. Decorate with cashews and peanut pieces and a few strawberries.
7. Serve.

Moong and Sweet Potato Delight (Indian)

By Sardana, Manju



Nutrition Info:

Serving size: 100g
Total Calories: 218.79
Calories from fat: 23.96
Cholesterol: 0 (mg)
Fiber Content: 9.21 g
Sodium: 557 mg

Makes 10-12 servings

18

Ingredients

- 3 cups of whole Moong sprouted lentil (green)
- 1 tbsp of olive oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 4-5 fresh bay leaves
- 1 large red onion (chopped)
- 2 small chopped green chili peppers
- 1 tsp ginger (chopped in food processor)
- 2 sweet potatoes – peeled and cubed about ¾ inch
- 1 tsp salt
- 2 fresh lemons juice – about ¼ cup of freshly squeezed lemon juice
- ¼ cup of chopped cilantro

Methods

1. To sprout Moong Beans
 - Soak 1 cup dried moong lentils in 5 cups of water overnight or for about 8 hours.
 - Drain into a colander.
 - Cover the colander with a plate and put a tray under the colander and place the tray in a dark place like an unheated oven for another 10 to 12 hours till the moong beans have sprouted.
 - This will make around 2 ½ to 3 cups of sprouted moong beans
2. In a nonstick pan, heat 2 Tbsp oil and put mustard seeds, cumin seeds, and bay leaves.
3. Add chopped onions, green chili, and fresh ginger
4. When the onions are transparent, add the cubed sweet potatoes and sprouted Moong beans and salt.
5. Splatter ¼ cup of water and cover with a tight lid on low heat
6. When the sweet potatoes are tender, add lemon juice and garnish with cilantro. Serve hot or cold.

Chicken Stew with Lima Bean (Vietnamese)

By Duon, Linh



Nutrition Info:

Serving size: 100g
Total Calories: 153.32
Calories from fat: 90
Cholesterol: 48.49 (mg)
Fiber Content: 0.75 g
Sodium: 254.13 mg

Makes 4 servings

Ingredients

- 4 lbs. young chicken
- 2 tsp salt
- 10 oz. button mushroom (cut in ½)
- 10 oz. lima bean
- 5 oz. carrot (cut in 1 in. cube)
- 5 oz. celery (cut into 1 in. cube)
- ½ tsp pepper 1 tsp olive oil
- 1 stem rosemary
- 3 Bay leaves
- 1 tbsp corn starch
- 2 tsp chopped garlic
- 1 tsp chopped shallots
- 4 oz. tomato sauce

Methods

1. De-bone chicken. Cut chicken meat into 1 in cube and season it with 1 tsp salt, ½ tsp pepper, 1 tsp garlic, 2 tsp Shallots for 30 minutes.
2. To make chicken broth, cook chicken bone in 10 cups of water for about 1 hour.
3. Sautee chicken with olive oil, bay leaves, tomato sauce, and rosemary for 5 minutes. Add 3 cup of chicken broth and cook another 20 minutes. When the chicken is tender add the vegetables and 5 cups of chicken broth and cook 30 minutes.
4. To make roux, mix 3 tbsp broth, 1 tsp salt, ¼ tsp pepper and 2 tbsp. of corn starch.
5. Add roux to the pot , stir well and cook for another 5 minutes. Garnish with cilantro and green onions (optional)

Sesame Tofu Sandwich (Vietnamese)

By Huynh, Marie



Nutrition Info:

Serving size: 100g
Total Calories: 143.63
Calories from fat: 55.99
Cholesterol: 0 (mg)
Fiber Content: 2.6 g
Sodium: 207.43 mg

Makes 4 servings

20

Ingredients

- 2 Boxes (4 pieces) White extra firm tofu (mash and drain all of water)
- 1 Small Red/Yellow/or Orange pepper (slice in to small, thin slides)
- 1 Small bunch of red or Green leave lettuces (or any veggie of your choice)
- 1 tsp sesame oil (or olive oil if desire)
- 1 Cube Vegetable bouillon (dissolve in 1/4 cup of warm water) (Vegetable bouillon can be substitute by 2 tbsp of soy sauce, 1 tsp of garlic powder, 2 tsp of sugar)
- ½ tsp black pepper
- ¼ cup fried onion (option)
- 4 tortilla wraps or pita bread or bread of your choice

Methods

1. Use strainer or cheesecloth to squeeze all water out of mash Tofu.
2. In a hot pan, pour in sesame oil, stir in Tofu in high heat until Tofu is boiled, reduce heat to medium, stir Tofu frequently until Tofu is dried but still moist.
3. Stir in Vegetable Bouillon or substitute ingredient. Sprinkle in black pepper and mix well.
4. Spread 1-3 lettuce leaves on top of tortilla wrap, then add layer of warm mash Sesame Tofu, add red pepper slides of vegetable of your choice, top with fried onion if desired. Roll and enjoy a healthy delicious veggie sandwich.
5. You can also serve Tofu over steam rice.