

# Healthy, Easy Recipes

Inspired by Asia  
& the Pacific Islands



Compiled by Leah's Pantry

In collaboration with community members from Ecumenical Hunger Program,  
Kahalu'u Bay Education Center, West Hawai'i Community Health Center,  
and API Forward Movement







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# Introduction

Since the launch of EatFresh.org in 2013, Leah's Pantry has received requests for healthy, low-cost, easy-to-prepare recipes inspired by Asian and Pacific Islander cuisines. California's SNAP-Ed Program, which provides nutrition education to low-income Californians, has a broad reach. Nutrition educators want a diverse set of recipes to use for recipe demonstrations and cooking classes. Leah's Pantry is always interested in adding content to EatFresh.org, our SNAP-Ed project which engages over 100,000 Californians each year.

Thanks to support from the California Department of Social Services, Leah's Pantry spent over a year learning from and cooking with community groups from the Bay Area to the Big Island of Hawai'i. These community groups shared recipes from Tonga, Samoa, the Marshall Islands, Hawai'i, Vietnam, Japan, and Korea. Together, we brainstormed, cooked, tasted, and adjusted the recipes to boost nutrition and celebrate traditional ingredients.

The result is a group of unique and delicious recipes that can be used for nutrition classes, community events, and family dinners. In addition to this cookbook, all recipes can be found on EatFresh.org in English, Spanish and Chinese.

Cheers!

The Leah's Pantry Team



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Servings: 6  
Serving Size: 6 mussels  
Ready In: 20 min.

# Coconut Steamed Mussels



Look for Pacific green-lipped mussels in Asian markets or live Atlantic black mussels in major supermarkets.

## Ingredients

1 1/2 pounds mussels  
(about 3 dozen medium)  
2 green onions, sliced, or  
1/2 small red onion, diced  
1/4 cup coconut milk  
1 cup coconut water  
3 cloves garlic, minced  
1/4 teaspoon salt  
2 limes, juiced  
(about 1/4 cup)  
1/2 cup chopped cilantro

## Directions

1. Rinse mussels, and shake well to drain. (Live ones should be closed tightly. Discard any that remain wide open.)
2. In a large pot, combine green onions, coconut milk, coconut water, garlic, and salt. Bring to a boil.
3. Add mussels. If using mussels that are already open on the half-shell, arrange them in layers in the pot, spooning a little cooking broth into each shell.
4. Cover, and steam for about 10 minutes, until they are opened and cooked through.
5. Add lime juice and cilantro. Stir well, and serve immediately.

### Chef's Tip

You can replace the coconut water with low-sodium chicken stock. Remember to omit salt.

## Nutrition Information per Serving

**Total Calories:** 188    **Fiber:** 0.7 g  
**Total Fat:** 8.2 g    **Protein:** 24 g  
**Sat. Fat:** 1.5 g    **Sodium:** 397 mg  
**Carbohydrates:** 4 g

Servings: 6  
Serving Size: 1 1/4 cups  
Ready In: 40 min.

# Curried Chicken with Vegetables



This recipe highlights the delicious flavor trio of garlic, ginger, and curry.

## Ingredients

1 pound skinless, boneless chicken thighs, cut into 1-inch pieces  
3 large cloves garlic, minced  
1-inch piece ginger, peeled and grated  
2 teaspoons curry powder  
1/2 teaspoon salt  
1/2 tablespoon vegetable oil  
1 onion, diced  
1 cup low-sodium chicken broth  
1 cup water  
1 potato, diced »

## Ingredients (continued)

3 carrots, diced  
4 stalks celery, diced

## Directions

1. In a small bowl, combine chicken, garlic, ginger, curry powder, and salt. Stir to coat meat evenly. Let marinate for 15 minutes while cutting vegetables.
2. In a large skillet, heat the oil. Add onion, and cook until soft, 5 minutes.
3. Add chicken with marinade. Cook until the meat turns white. Add broth and water.
4. Add potato, carrots, celery. Stir well; bring to a boil; then, cover, and reduce heat to low. Cook until potatoes are tender and chicken is cooked through, 15 to 20 minutes.

### Chef's Tips

For a spicier curry, add minced jalapeño or cayenne powder.

For a vegetarian version, replace the chicken with cauliflower, eggplant, or firm tofu.

## Nutrition Information per Serving

**Total Calories:** 165      **Fiber:** 2.5 g  
**Total Fat:** 4.7 g      **Protein:** 17 g  
**Sat. Fat:** 1 g      **Sodium:** 320 mg  
**Carbohydrates:** 13.6 g

# Savory Hot Noodles *inspired by Sapasui*

Servings: 6

Serving Size: 1 1/2 cups

Ready In: 40 min.



This noodle dish is a great way to use up any extra veggies you have in the fridge.

## Ingredients

5 bundles cellophane noodles, about 250 grams  
1/2 tablespoon vegetable oil  
1 large onion, diced  
1-inch piece ginger, peeled and grated  
3 cloves garlic, minced  
1 pound lean ground turkey or chicken  
3 carrots, diced  
3 stalks celery, diced  
1/2 small cabbage, sliced thinly  
1 cup fresh or frozen peas »

## Ingredients (continued)

1 1/2 cups low-sodium chicken broth  
1 1/2 cups water  
2 Tablespoons soy sauce

## Directions

1. Soak noodles in hot water for 20 minutes. Drain. Then, cut into shorter lengths.
2. Heat oil in a very large skillet or wok. Add onion, and cook until soft, 3 minutes.
3. Stir in ginger and garlic. Add turkey, breaking up meat into small pieces with a wooden spoon. Cook until golden brown, 5 minutes.
4. Add carrots, celery, cabbage, and peas. Stir well to combine, and cook for 5 minutes.
5. Stir in broth, water, and soy sauce. Add noodles, and cook until soft and the broth is absorbed, about 5 minutes. If noodles are still firm, add a small amount of water. Serve warm.

## Nutrition Information per Serving

**Total Calories:** 295      **Fiber:** 3.8 g  
**Total Fat:** 12 g      **Protein:** 19.5 g  
**Sat. Fat:** 3 g      **Sodium:** 532 mg  
**Carbohydrates:** 28 g

Servings: 6  
Serving Size: 1 cup  
Ready In: 40 min.

# Coconut Cassava Mash



Cassava, also known as yucca, can be found at many Asian or Latino markets.

## Ingredients

2 medium fresh or frozen cassavas (about 1 pound)  
3 medium-ripe plantains or 4 green (under-ripe) bananas  
1 1/2 cups (12 ounces) coconut water  
1/4 cup coconut milk  
1/2 teaspoon salt

## Directions

1. Peel fresh cassavas with a sharp knife, or thaw frozen ones completely. Cut them into large chunks.
2. Place cassava in a pot, and add water until the cassava is half covered. Bring to a boil; cover tightly, and cook for 10 minutes.
3. Stir in the plantain, coconut water, coconut milk, and salt. Bring to a boil. Then, reduce heat to low. Simmer uncovered until cassava is soft and water absorbed, 20 to 25 minutes. Stir a few times.
4. Mash them to desired smoothness, and serve warm.

## Chef's Tips

For faster cooking, look for grated cassava in the freezer section of Asian or Latino markets. Omit steps 1 and 2.

In place of all or some of the cassava, try sweet potatoes, taro root, breadfruit, carrots, or parsnips.

## Nutrition Information per Serving

Total Calories: 251      Fiber: 5.5 g  
Total Fat: 2.5 g      Protein: 3.1 g  
Sat. Fat: 2 g      Sodium: 242 mg  
Carbohydrates: 58 g

Servings: 6  
Serving Size: 3/4 cup  
Ready In: 20 min.

# Tongan Fruit Salad



This salad is a pretty dish on any party buffet, or serve it as a refreshing dessert after dinner.

## Ingredients

1 ripe mango  
1 small, ripe pineapple (about 4 cups)  
2 bananas  
Juice of 1 lime (about 2 tablespoons)  
3 tablespoons dried, shredded, unsweetened coconut

## Directions

1. Peel fruit, and cut into bite-sized pieces.
2. In a large bowl, combine fruit, lime juice, and coconut. Gently stir until evenly mixed.
3. Serve immediately, or cover well, and chill up to 8 hours.

## Chef's Tips

For an easy picnic dish, use frozen mango cubes to keep the salad chilled during travel.

Try this salad with other fresh fruit such as watermelon, papaya, or oranges.

## Nutrition Information per Serving

**Total Calories:** 138      **Fiber:** 3.7 g  
**Total Fat:** 1.7 g      **Protein:** 1.6 g  
**Sat. Fat:** 1 g      **Sodium:** 9.5 mg  
**Carbohydrates:** 33 g

Servings: 6  
Serving Size: 1 cup  
Ready In: 10 min.

# Fruit Drink *inspired by 'Otai*



Enjoy this colorful, refreshing treat on hot days.

## Ingredients

1 small pineapple, peeled and diced (about 4 cups)  
4 mangoes, peeled, pitted, and diced (about 6 cups)  
2 cups nonfat milk or cold water  
3 tablespoons dry, unsweetened coconut flakes

## Directions

1. Combine fruit and milk (or water) in the jar of a blender. Pulse to desired smoothness.
2. Stir in coconut flakes. Serve immediately over ice, or chill for 30 minutes in the fridge.

### Chef's Tips

To prepare this without a blender, use the fine holes on a box grater to "puree" the mangoes and pineapples.

Try this with other fruits, such as fresh watermelon, frozen jackfruit, or ripe cantaloupe.

## Nutrition Information per Serving

Total Calories: 136      Fiber: 3.3 g  
Total Fat: 1.9 g      Protein: 1.6 g  
Sat. Fat: 1 g      Sodium: 12 mg  
Carbohydrates: 31.9 g

Servings: 6  
Serving Size: 3/4 cup  
Ready In: 50 min.

# Ceviche *inspired by Ota*



Serve with oven-baked cassava wedges, steamed sweet potatoes, or sliced bread to soak up the delicious sauce.

## Ingredients

1 pound frozen mahi-mahi, thawed and cut into bite-sized pieces  
1/2 small red onion or 2 green onions, thinly sliced  
Juice of 4 limes (about 1/2 cup)  
2 bell peppers, seeded and chopped  
2 roma tomatoes, chopped  
1 small cucumber, chopped  
1 jalapeño chile, seeded and minced »

## Ingredients (continued)

1/2 teaspoon salt  
1/4 teaspoon black pepper

## Directions

1. In a large glass or ceramic bowl, combine the fish, onion, and lime juice. Stir well; cover, and refrigerate for 10 to 15 minutes.
2. Add the chopped vegetables, jalapeño, salt, and pepper to the fish. Stir well; cover, and refrigerate until fish is opaque, 20 to 30 minutes.

### Chef's Tip

Other firm fish – such as cod, yellowtail, sea bass, halibut, or sole – are all excellent substitutes for mahi-mahi. You can also make this dish with cooked shrimp.

## Nutrition Information per Serving

Total Calories: 147      Fiber: 6 g  
Total Fat: 1.4 g      Protein: 20.5 g  
Sat. Fat: 0.5 g      Sodium: 289 mg  
Carbohydrates: 16.5 g

Servings: 4  
Serving Size: 1 cup  
Ready In: 30 min.

# Mackerel with Squash



Samoan pilikaki, or canned mackerel, contains healthy fats such as omega-3.

## Ingredients

2 teaspoons olive oil  
1 small onion, diced  
3 medium zucchini, diced (about 4 cups)  
3 cloves garlic, minced  
1/4 teaspoon salt  
1 (125g) can of mackerel, drained, (about 3/4 cup)  
2 tablespoons chopped parsley  
Lime wedges

## Directions

1. Heat oil in a skillet over medium heat. Add onion, and cook until soft, about 5 minutes.
2. Add zucchini, garlic, and salt. Stir, and cook for about 5 minutes or until crisp tender. Stir once or twice to prevent sticking. If needed, add a few tablespoons of water, and cover.
3. Add canned mackerel. Stir, and cover. Cook until the zucchini is tender, 5 to 10 minutes.
4. Just before serving, sprinkle with parsley, and offer lime wedges at the table.

## Chef's Tip

During autumn, try peeled and diced butternut squash in place of the zucchini for a colorful variation. Versions with canned salmon or tuna are also delicious.

## Nutrition Information per Serving

**Total Calories:** 118      **Fiber:** 1.7 g  
**Total Fat:** 7 g      **Protein:** 7.8 g  
**Sat. Fat:** 1.4 g      **Sodium:** 188 mg  
**Carbohydrates:** 6.8 g

Servings: 4  
Serving Size: 1 1/2 cups  
Ready In: 20 min.

# Samoa Salad



The seed of the ifi tree, also known as aila or mape, is similar to chestnuts. They add bits of nutty richness to this colorful salad.

## Ingredients

1 small head romaine lettuce, washed and torn into bite-size pieces (about 4 cups)

1 bunch watercress, snipped into bite-sized sprigs (about 1 1/2 cups)

2 cups cherry tomatoes or 2 medium tomatoes, cut into wedges

1 small cucumber, sliced thinly

1/2 small red onion, sliced thinly

8 roasted chestnuts, crumbled into large pieces »

## Ingredients (continued)

### Dressing

- 2 tablespoons olive oil
- 2 tablespoons lemon juice (about 1/2 small lemon)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

## Directions

1. In a large bowl, combine lettuce, watercress, tomatoes, cucumber, onion, and chestnuts.
2. In a small bowl, combine olive oil, lemon juice, salt, and pepper. Whisk, or stir well with a fork.
3. Just before serving, drizzle dressing over vegetables, and toss lightly.

### Chef's Tip

Look for already peeled and roasted chestnuts that come in cans or plastic bags.

## Nutrition Information per Serving

**Total Calories:** 136      **Fiber:** 3 g  
**Total Fat:** 11.4 g      **Protein:** 3 g  
**Sat. Fat:** 1.3 g      **Sodium:** 311 mg  
**Carbohydrates:** 8 g

# Cocoa Rice

Servings: 4

Serving Size: 1 cup

Ready In: 55 min.



A traditional breakfast dish, this is also a delicious dessert if chilled.

## Ingredients

- 1 cup brown or white rice
- 4 cups water
- 1/4 cup ground cacao or cocoa powder
- 1/4 cup coconut milk
- 1 Tablespoon honey, maple syrup, or brown sugar

## Directions

1. Rinse rice. Combine with water in a medium saucepan. Bring to a boil; cover, and reduce heat. Simmer for about 40 minutes, stirring occasionally. (Brown rice may need 10-15 minutes more to soften completely.)
2. When rice is soft, add cocoa powder, coconut milk, and sweetener. Whisk to combine. Then, cover, and simmer gently for 5 minutes. If needed, stir in a small amount of water to thin, as this dish should be slightly more watery than rice pudding.
3. Serve warm, or transfer to small bowls, and chill.

### Chef's Tip

Add 1 or 2 wide ribbons of orange peel to the rice as it cooks to infuse it with a hint of fruitiness.

## Nutrition Information per Serving

<b>Total Calories:</b> 228	<b>Fiber:</b> 3.6 g
<b>Total Fat:</b> 5 g	<b>Protein:</b> 5 g
<b>Sat. Fat:</b> 3.4 g	<b>Sodium:</b> 12 mg
<b>Carbohydrates:</b> 44 g	



Servings: 8  
Serving Size: 3/4 cup  
Ready In: 25 min.

# Tropical Fruit Plate



Grilling transforms simple fruit into a very special dessert.

## Ingredients

1 teaspoon grated zest (about 1 lime)  
1/2 teaspoon salt  
1/2 teaspoon chili powder or chipotle powder  
1 mango, peeled and cut into thick slices  
1/2 medium pineapple, peeled and cut into round slices  
1/2 medium papaya, seeded and cut into thick wedges  
2 tablespoons lime juice (about 1 lime)

## Directions

1. In a small bowl, stir together the lime zest, salt, and chili powder. Set aside.
2. Brush fruit with lime juice.
3. Heat grill to 400°, or prepare hot coals. Arrange fruit evenly on grill rack, and cook about 3-4 minutes per side.
4. Transfer to a large platter. Sprinkle with lime zest, chili powder, and salt mixture. Serve warm.

### Chef's Tip

You can use grill pans on the stove-top or your oven broiler to sear the fruit instead of using an outdoor grill.

## Nutrition Information per Serving

Total Calories: 60    Fiber: 2 g  
Total Fat: 0.4 g    Protein: 0.7 g  
Sat. Fat: 0.1 g    Sodium: 153 mg  
Carbohydrates: 15 g



Servings: 12  
Serving Size: 1/2 cup  
Ready In: 30 min.

# Breadfruit with Coconut Milk



Breadfruit, a large fruit with a starchy texture much like a potato, is popular in tropical countries around the world but can be tough to find in the U.S. outside of Hawai'i. We used cassava in the photo above, which is easier to find in fresh or frozen varieties.

## Ingredients

1 green (unripe) breadfruit,  
or 2 pounds taro or cassava  
(thawed if frozen)  
1/2 teaspoon salt  
1/4 cup coconut milk

## Directions

1. Peel breadfruit, and cut into large wedges.
2. Place in a large pot. Add salt and then enough water to cover the breadfruit. Bring to a boil. Then, reduce heat, and simmer until tender, 10 to 20 minutes.
3. Using a slotted spoon, transfer carefully to a shallow dish; discard the water. Drizzle with coconut milk while still warm.

## Chef's Tips

- When working with unripe breadfruit, coat your knife and the cutting board with vegetable oil to prevent them from sticking to the fruits natural sap.
- Taro has an enzyme that might irritate your skin. If using taro in this recipe, we recommend wearing rubber gloves or oiling your hands before handling the peeled taro.

## Nutrition Information per Serving

Total Calories: 87    Fiber: 3.7 g  
Total Fat: 1.2 g    Protein: 0.9 g  
Sat. Fat: 0.9 g    Sodium: 100 mg  
Carbohydrates: 21 g



Servings: 4  
Serving Size: 1 1/3 cups  
Ready In: 20 min.

# No-Tuna Poke Bowls



Pressed tofu has a texture similar to fish, while pineapple adds delicate sweetness.

## Ingredients

1 (14 oz.) block of firm tofu

### Marinade

1-2 tablespoons chili garlic sauce, optional

1 tablespoon toasted sesame oil

1 1/2 tablespoon soy sauce

1 teaspoon grated ginger

1/4 cup canned pineapple juice

1 tablespoon lime juice, divided »

## Ingredients (continued)

### Tofu Bowl

- 1 cup diced pineapple
- 1 ripe avocado, sliced
- 1 small cucumber, diced
- 1 small carrot, shredded
- 1 sheet roasted nori seaweed, cut into thin strips
- 2 cups cooked brown rice
- 1 tablespoon toasted sesame seeds, optional

## Directions

1. Cut tofu into 1/2-inch thick planks, and set on a few layers of paper towels. Cover with a few more paper towels, and set a heavy plate or cutting board on top. Add weight with a couple of food cans, and leave for at least 20 minutes to press out excess moisture.
2. Meanwhile, whisk to combine the ingredients for the marinade.

(continued on p. 21)

## Nutrition Information per Serving

Total Calories: 436      Fiber: 7.6 g  
Total Fat: 17.5 g      Protein: 15 g  
Sat. Fat: 2.8 g      Sodium: 252 mg  
Carbohydrates: 60 g

### Directions (continued)

3. Dice tofu into 1/2-inch cubes. Combine tofu with marinade, and stir gently. Marinate for at least 30 minutes, stirring once or twice (or refrigerate overnight for best flavor).
4. Just before serving, prepare pineapple, avocado, cucumber, and carrot.
5. To assemble, divide brown rice into 4 shallow bowls. Arrange pineapple, avocado, cucumber, and carrot on rice. Spoon marinated tofu on top, and then garnish with nori and sesame seeds.





Servings: 6  
Serving Size: 1/2 cup  
Ready In: 1 hr.

# Pumpkin Rice Pudding



Our youth partners Maglynn and Ashley introduced us to this delicious combination of bright, sweet winter squash and rice. Use leftover rice and canned pumpkin puree for a really quick meal.

## Ingredients

1/2 cup dry brown rice  
3 cups water  
1/2 teaspoon salt »

## Ingredients (continued)

2 1/2 lbs. sugar  
pumpkin, butternut,  
or kabocha squash  
1 tablespoon sugar  
1/2 teaspoon vanilla extract

## Directions

1. Combine rice with water and salt in a large pot. Bring to a boil, and then reduce to a simmer. Cover pot, and cook rice until very soft and sticky, about 45 minutes.
2. Pierce squash with a knife in several places to allow steam to escape. Put whole squash in microwave. Cook for 10-15 minutes on HIGH.
3. Remove from microwave. Allow to cool for at least 5 minutes or until cool to touch.
4. Cut squash lengthwise. Scoop out the seeds, and discard.

(continued on p. 23)

## Nutrition Information per Serving

Total Calories: 94    Fiber: 2.9 g  
Total Fat: 0.6 g    Protein: 2 g  
Sat. Fat: 0.2 g    Sodium: 205 mg  
Carbohydrates: 21 g

### Directions (continued)

5. With a spoon, scrape out the flesh into the pot with the rice. Stir in sugar and vanilla. Add water, if needed, for a porridge consistency. Simmer 2 to 3 minutes over low heat to warm through.

#### Chef's Tip

You can use 1 cup cooked rice and eliminate step 1; heat rice in microwave.

You can substitute 2 cups canned pumpkin for the whole fresh pumpkin or squash; eliminate steps 2-4.





Servings: 4  
Serving Size: 1 piece  
Ready In: 1 hr. 5 min.

# Mona Emman Chicken



The name for this recipe translates to “Eat Fresh Chicken”, which was named by the Marshallese youth who helped develop the dish.

## Ingredients

- 4 cloves garlic, minced
- 2 tablespoons soy sauce
- 4 boneless, skinless chicken thighs, about 1 pound
- 1 onion, sliced thinly
- 2 green onion, sliced
- 1 tablespoon vegetable oil

## Directions

1. Stir together garlic and soy sauce in a large bowl. Add chicken, onion, and green onion. Toss to coat evenly.
2. Marinate chicken thighs 30 minutes, or refrigerate overnight.
3. Prepare a grill outside, or heat a grill pan on the stove. Coat thinly with oil. Then, add chicken and onions. Cook until done at center, about 10 minutes each side.

## Chef's Tips

- To cook in the oven, preheat the broiler. Scatter the onion slices on the bottom of a shallow pan, and place chicken on top of them. Broil about 10 minutes each side.
- This recipe is delicious served with a side salad.

## Nutrition Information per Serving

Total Calories: 188    Fiber: 0.7 g  
Total Fat: 8.2 g        Protein: 24 g  
Sat. Fat: 1.5 g        Sodium: 397 mg  
Carbohydrates: 4 g



Servings: 6  
 Serving Size: 3/4 cup  
 Ready In: 30 min.

# Hot & Sour Soup

*inspired by Canh Chua*



This is a very common version of a typical Vietnamese clear soup with a fruity, spicy-tart broth based on tamarind.

## Ingredients

### Broth

- 3 cups low-sodium chicken or vegetable stock
- 3 cups water
- 1 small onion, sliced thinly
- 2 tablespoons tamarind paste or 1/4 cup fresh lime juice
- 1 stalk lemongrass, bruised and tied into a knot, or 1 wide ribbon of fresh lime peel
- 2 chiles, halved lengthwise, or to taste >>

## Ingredients (continued)

- 1 tablespoon fish sauce

### Soup

- 2 celery stalks, sliced thinly
- 4 roma tomatoes, cut into thin wedges
- 1 1/2 cups fresh pineapple, diced
- 1 cup bean sprouts
- 8 ounces peeled shrimp or diced tofu
- 1 green onion, sliced thinly
- 2 Tablespoons chopped cilantro

## Directions

1. Combine all ingredients for the broth in a saucepan. Bring to a boil. Then, lower heat and simmer for 10 minutes.
2. Add celery, tomatoes, and pineapple. Simmer for about 2 minutes. Gently stir in bean sprouts and shrimp (or tofu). Simmer until cooked through, 3 to 4 minutes.
3. Just before serving, sprinkle with green onion and cilantro. Serve as a first course soup, or ladle over brown rice as a one-bowl meal.

## Nutrition Information per Serving

Total Calories: 102	Fiber: 2.5 g
Total Fat: 0.9 g	Protein: 11.7 g
Sat. Fat: 0.2 g	Sodium: 325 mg
Carbohydrates: 13.8 g	

# Ginger Glazed Catfish *inspired by Ca Kho Gung*

Servings: 4

Serving Size: 3.5 oz. fish

Ready In: 42 min.



Catfish are common near rice fields in Vietnam, but salmon, chicken, pork, shrimp, tofu, or hard boiled eggs are also popular cooked in this dark, rich sauce.

## Ingredients

1 pound catfish steaks, or fillets cut into large pieces

### Marinade

2 tablespoons finely grated ginger

1 tablespoon fish sauce or soy sauce

1/2 teaspoon garlic powder

1/2 teaspoon coarsely ground black pepper »

## Ingredients (continued)

### Glaze and Garnish

1/4 cup brown sugar

1/2 cup coconut water

1 green onion, sliced thinly

## Directions

1. In a shallow bowl or plastic zip-top bag, mix together the marinade ingredients. Add fish and turn pieces to coat well. Set aside to marinate 20 minutes (or refrigerate overnight).
2. Add sugar to a heavy bottomed skillet, and place over medium heat. Cook, swirling the pan occasionally to melt the sugar. Watch carefully to avoid burning. When it melts into a deep brown, bubbling liquid, add the fish to the sugar. Sear the fish until it is lightly golden, about 2 minutes each side.
3. Reduce the heat to low. Drizzle in the coconut water and stir it gently around the fish to dissolve any hard sugar. Simmer until the fish is cooked through, 6 to 8 minutes more. Sprinkle with green onion.

## Nutrition Information per Serving

Total Calories: 203

Fiber: 0.6 g

Total Fat: 6.8 g

Protein: 18 g

Sat. Fat: 1.6 g

Sodium: 501 mg

Carbohydrates: 17 g



Servings: 8  
Serving Size: 1/3 cup meat  
Ready In: 1 hr. 5 min.

# Poached Chicken



Poaching chicken is a great way to have cooked meat throughout the week for easy lunches and dinners.

## Ingredients

About 3 pounds bone-in chicken parts, such as 2 breasts and 2 whole legs  
4 green onions, cut into 2-inch pieces, or 1/2 onion sliced very thinly  
3 thick slices ginger, crushed  
2 wide ribbons lemon peel  
1/2 teaspoon salt

## Directions

1. Combine all the ingredients in a large pot. Add enough water to cover the chicken by 2 inches.
2. Bring to a boil. Then, reduce heat, and cover partially. Simmer gently for 30 to 40 minutes or until chicken meat is no longer pink at the bone.
3. Remove chicken from broth and let cool. Remove skin. Cut and use meat as needed. Reserve broth for soups and stews.

## Chef's Tip

For an even more flavorful broth, remove meat from the bones once the chicken is done. Return the stripped bones to the broth. Continue simmering for another hour. Strain to remove solids. Refrigerate or freeze until needed.

## Nutrition Information per Serving

Total Calories: 85	Fiber: 0.4 g
Total Fat: 2.7 g	Protein: 13.4 g
Sat. Fat: 0.7 g	Sodium: 187 mg
Carbohydrates: 1.2 g	



Servings: 6  
Serving Size: 1 1/2 cups  
Ready In: 20 min.

# Chicken & Cabbage Salad

*inspired by Goi Ga*



## Ingredients (continued)

(about 1 pound), cored and sliced thinly  
1 carrot, shredded  
1/2 small red onion, sliced thinly  
1/2 cup chopped mint  
1/2 cup chopped cilantro  
1/4 cup chopped, roasted peanuts

A variation on coleslaw, this Vietnamese salad is popular as an appetizer or a complement to rice soup. It holds up well in the refrigerator, so make plenty to last a few days.

## Directions

1. In a small bowl, stir together all the ingredients for the dressing.
2. Drizzle a small amount of the dressing over the chicken, and stir to coat well.
3. In a large bowl, combine the chicken with all the cut vegetables and most of the mint, cilantro, and peanuts. Add the remaining dressing. Toss gently.
4. Transfer the salad to a large platter, and garnish with the rest of the herbs and nuts.

## Ingredients

### Dressing

2 tablespoons fish sauce  
2 Tablespoons fresh lime or lemon juice  
1 to 2 cloves garlic, minced  
1 chile, minced, or 1 teaspoon chile sauce, optional

### Salad

2 cups cooked and shredded chicken meat  
1/2 small head cabbage »

## Nutrition Information per Serving

Total Calories: 107      Fiber: 1.6 g  
Total Fat: 4.3 g      Protein: 11.9 g  
Sat. Fat: 0.8 g      Sodium: 537 mg  
Carbohydrates: 6.3 g

# Sweet Potato Noodles with Vegetables *inspired by Japchae*

Servings: 6  
Serving Size: 1 1/3 cups  
Ready In: 35 min.



This pretty dish holds well for picnics, potlucks, and healthy packed lunches.

## Ingredients

6 ounces dried sweet potato noodles, or whole wheat thin spaghetti  
2 teaspoons sesame oil  
1 tablespoon vegetable oil  
1 large carrot, cut into matchsticks  
8 ounces Napa cabbage, sliced thinly (about 4 cups)  
1 red bell pepper, sliced thinly  
8 shiitake or cremini mushrooms, sliced thinly »

## Ingredients (continued)

10 ounces spinach leaves (about 8 cups)  
3 green onions, cut into 2-inch lengths  
4 cloves garlic, minced  
2 tablespoons soy sauce  
1 Tablespoon honey or maple syrup  
2 teaspoons toasted sesame seeds plus a pinch more for garnish  
Freshly ground black pepper

## Directions

1. Bring a large pot of water to a boil. Break or cut noodles into 6-inch lengths. Cook according to package directions, be careful not to overcook. Strain in a colander. Toss with sesame oil and set aside.
2. Heat the same pot over high heat. Add oil, carrots, and napa cabbage. Stir and cook until slightly soft, about 3 minutes.

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## Nutrition Information per Serving

Total Calories: 188    Fiber: 0.7 g  
Total Fat: 8.2 g    Protein: 24 g  
Sat. Fat: 1.5 g    Sodium: 397 mg  
Carbohydrates: 4 g

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3. Add bell pepper and mushrooms. Cook, stirring a few times, until wilted. Add spinach, green onions, and garlic. Stir carefully. Cook just until spinach wilts.
  4. Reduce heat to low, and add the cooked noodles. Let the noodles soak up some of the moisture from the vegetables. Then, drizzle in soy sauce and honey. Sprinkle in sesame seeds and black pepper. Mix gently to combine vegetables and noodles well. Garnish with sesame seeds just before serving.

**Chef's Tip**

To use dried shiitake mushrooms, soak them in hot water for 1-2 hours. Drain, remove stems and slice thinly.

Servings: 4  
Serving Size: 1/2 pancake  
Ready In: 35 min.

# Vegetable Pancakes

*inspired by Paejeon*



There are many versions of these savory pancakes. They can be made with any mix of your favorite vegetables.

## Ingredients

### *Dipping Sauce*

2 tablespoons rice wine vinegar  
2 tablespoons soy sauce  
1 teaspoon sugar  
Pinch of red chile flakes, or to taste

### *Pancakes*

2 large eggs  
1/2 teaspoon salt  
3/4 cup all-purpose flour  
1/2 cup ice water  
1 1/2 cups mixed, chopped >>

## Ingredients (continued)

vegetables, such as zucchini, broccoli, bell peppers, green beans, or asparagus  
2 green onions, cut into 1-inch pieces  
2 teaspoons vegetable oil

## Directions

1. In a small bowl, stir together all ingredients for the dipping sauce. Set aside.
2. In a medium bowl, whisk eggs and salt until frothy. Add flour and ice water. Then, stir to make a thick batter. Gently stir in vegetables and green onions.
3. In a small skillet, heat half the oil over medium heat. Spoon in half the batter to make a pancake, spreading the vegetables evenly. Cook until crisp and golden, 4 to 5 minutes per side. Repeat with remaining oil and batter.
4. Cut pancakes into quarters; arrange on a platter; and serve with dipping sauce.

## Nutrition Information per Serving

Total Calories: 164	Fiber: 1.7 g
Total Fat: 5 g	Protein: 7.3 g
Sat. Fat: 1 g	Sodium: 465 mg
Carbohydrates: 22 g	

Servings: 4

Serving Size: about 2 cups rice & veg + 1 egg

Ready In: 37 min.

## Mixed Rice *inspired by BiBamBap*



This colorful dish is a favorite way to use leftover vegetable side dishes. Top with a soft egg or a small amount of meat, such as broiled salmon or grilled beef.

### Ingredients

- 1 small carrot, peeled and cut into matchsticks
- 1 zucchini, cut into matchsticks
- 8 ounces spinach leaves
- 1/4 teaspoon salt
- 1/4 teaspoon toasted sesame oil
- 2 teaspoons vegetable oil
- 4 eggs
- 4 cups warm cooked brown rice
- 2 teaspoons toasted sesame seeds >>

### Ingredients (continued)

Gochujang chile paste or sriracha sauce, to taste

### Directions

1. Season carrot and zucchini in separate bowls with a pinch of salt and a few drops of sesame oil. Steam or microwave separately until tender-crisp, 2 to 3 minutes. Repeat with spinach, cooking just until it wilts. Set vegetables aside.
2. Heat vegetable oil in a skillet over medium heat. Fry the eggs sunny-side up or over easy, about 3 minutes. Remove from heat.
3. To serve, divide rice among four bowls. Arrange the vegetables in separate mounds on the rice. At the center of each bowl, place an egg. Sprinkle with sesame seeds.
4. Each diner can add chile paste to taste, and stir everything together to enjoy.

### Nutrition Information per Serving

Total Calories: 345	Fiber: 6.2 g
Total Fat: 10 g	Protein: 13 g
Sat. Fat: 2.3 g	Sodium: 288 mg
Carbohydrates: 51 g	

Servings: 6  
Serving Size: 1/4 cup  
Ready In: 10 min.

# Seasoned Bean Sprouts *inspired by Kongnamul-muchim*



This easy salad is one of the most popular side dishes in Korean homes and restaurants. It's perfect with grilled meats or on top of rice dishes.

## Ingredients

### Dressing

- 2 garlic cloves, minced
- 2 teaspoons toasted sesame oil
- 1 teaspoon soy sauce
- 1 teaspoon toasted sesame seeds
- 1/4 teaspoon red chile flakes, optional

### Bean Sprouts

- 1 pound soybean or mung bean sprouts, »

## Ingredients (continued)

- rinsed and drained
- 1/2 teaspoon salt
- 2 green onions, sliced thinly

## Directions

1. In a medium mixing bowl, stir together the dressing ingredients. Set aside for flavors to meld.
2. Meanwhile, wilt the sprouts: Toss bean sprouts with salt and spread them on a large plate. Drizzle with a little water. Microwave until softened, about 5 minutes for soy bean sprouts or 2 minutes for mung bean sprouts. Stir once or twice during cooking.
3. While the sprouts are still warm, combine them with the dressing and green onions. Toss gently.

### Chef's Tip

Serve with Mixed Rice (BiBamBap) on previous page.

## Nutrition Information per Serving

Total Calories: 44	Fiber: 1.7 g
Total Fat: 1.9 g	Protein: 2.7 g
Sat. Fat: 0.3 g	Sodium: 234 mg
Carbohydrates: 5.7 g	

# Green Beans with Sesame Sauce *inspired by Saya-Ingen No Goma-ae*

Servings: 6  
Serving Size: about 1/2 cup  
Ready In: 11 min.



This sesame sauce is also excellent tossed with wilted spinach or lightly steamed broccoli.

## Ingredients

1 pound green beans, trimmed

1/4 teaspoon kosher salt

## Sesame Sauce

3 tablespoons toasted, finely ground sesame seeds, or 2 tablespoons tahini

2 tablespoons very hot water

1 Tablespoon rice vinegar or lemon juice

2 teaspoons soy sauce

2 teaspoons mirin or 1 teaspoon honey »

## Ingredients (continued)

1/2 teaspoon toasted sesame oil

## Directions

1. If the beans are long, cut them in half. Sprinkle with salt. Steam for 3 minutes, or microwave for about 1 minute. They should still be a little crisp. Spread on a plate, and set aside to cool.
2. In a medium bowl, combine all the ingredients for the sesame sauce. Stir together until smooth.
3. Add the sesame sauce, and toss all together. Serve at room temperature or chilled. You can keep it in the refrigerator for up to 3 days.

## Chef's Tip

Japanese cooks use a special ridged bowl to grind sesame seeds by hand. Tahini, a smooth sesame paste used in Middle Eastern foods, is a convenient alternative. Almond, cashew, or peanut butter will also work well in the sauce.

## Nutrition Information per Serving

Total Calories: 62

Fiber: 2.5 g

Total Fat: 3.2 g

Protein: 2.3 g

Sat. Fat: 0.5 g

Sodium: 223 mg

Carbohydrates: 7.5 g

Servings: 6  
Serving Size: about 2 cups  
Ready In: 40 min.

# Cool Noodle Salad

*inspired by Hiyashi Chuka*



Refreshing on hot days, this beautiful dish is perfect for making ahead. Keep all ingredients chilled until just before serving.

## Ingredients

### Sauce

- 1/4 cup rice vinegar
- 1/4 cup dashi or low-sodium chicken stock
- 2 Tablespoons soy sauce
- 1 Tablespoon sugar
- 1 teaspoon prepared mustard

### Salad

- 8 ounces dried angel hair pasta or 1 pound fresh, thin, Chinese-style egg noodles
- 2 teaspoons sesame oil »

## Ingredients (continued)

- 2 eggs, well beaten
- 1 cooked chicken breast, skin removed and meat shredded
- 4 slices ham, sliced thinly
- 2 small cucumbers, cut into matchsticks (about 6 ounces)
- 1 1/2 cups shredded lettuce or 1 cup bean sprouts (about 4 ounces)
- 2 Tablespoons pickled ginger or 1 1/2 teaspoons grated fresh ginger

## Directions

1. Combine all the sauce ingredients in a small pan. Bring to a simmer over low heat, stirring until smooth. Transfer to a small bowl, and set aside to cool.
2. Cook the noodles in boiling water, about 3 minutes for fresh noodles or 6 minutes for dried. Strain, and rinse well with cold water. Drain, and toss with half the sesame oil. Set aside.

(continued on p. 36)

## Nutrition Information per Serving

Total Calories: 400	Fiber: 3 g
Total Fat: 8.4 g	Protein: 22 g
Sat. Fat: 2.2 g	Sodium: 453 mg
Carbohydrates: 58.5 g	

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3. Heat the remaining sesame oil in a large, nonstick skillet over low heat. Add the eggs, swirling the pan to make a thin crepe. Cook just until set, about 3 minutes. Flip onto a cutting board, and let cool. Cut egg sheet into thin ribbons. Set aside.
  4. If using bean sprouts, wilt them in a steamer or microwave, 1 to 2 minutes.
  5. Divide noodles among shallow serving bowls. Arrange the chicken, ham, cucumber, and sprouts (or lettuce) on top, creating wedges of contrasting color.
  6. Just before serving, garnish with ginger, and drizzle with the sauce.

**Chef's Tip**

Rinsing the noodles well and coating them with oil prevents them from sticking together.

Servings: 8  
Serving Size: 1 1/2 cups  
Ready In: 50 min.

# Temple Vegetarian Soup *inspired by Kenchin-jiru*



Enjoy this soothing soup inspired by an old recipe from a famous Japanese Buddhist temple. It tastes even better the next day!

## Ingredients

2 pieces dried *konbu* (2"x3"), optional  
6 large, dried shiitake mushrooms  
3 cups vegetable stock  
3 cups water  
2 medium carrots  
2 small taro roots or medium red potatoes  
1 small daikon radish or rutabaga  
12 ounces firm tofu  
2 teaspoons soy sauce »

## Ingredients (continued)

1/2 teaspoon toasted sesame oil  
2 stalks green onions, sliced thinly

## Directions

1. In a large pot, combine konbu, dried mushrooms, stock, and water. Bring just to a boil. Then, lower heat, and simmer gently for 10 minutes.
2. Meanwhile, peel and cut the vegetables into 1-inch pieces. Break (or cut) the tofu into similar sized pieces.
3. Remove the mushrooms with a slotted spoon, and set aside to cool. Add the root vegetables to the mushroom broth. Return the soup to a boil. Then, simmer for about 10 minutes. Stir occasionally, and skim any foam that rises.
4. When the mushrooms are cool enough to cut, trim off their stems, and quarter their caps. Add mushrooms and tofu to the soup. Simmer another 10 minutes.
5. Season the soup with soy sauce and sesame oil. Sprinkle with green onions just before serving.

## Nutrition Information per Serving

Total Calories: 153	Fiber: 4.5 g
Total Fat: 2.5 g	Protein: 7.4 g
Sat. Fat: 0.5 g	Sodium: 372 mg
Carbohydrates: 29.5 g	

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