

Asian Recipe Cookbook



Introduction

This cookbook features popular Asian style recipes with 25% less sodium. We have managed to keep the traditional flavors using less sodium. Eating too much sodium increases the risk of high blood pressure, heart attack and stroke.

Try these recipes and tell us what you think. Gives us feedback on our Champions for Change website CaChampionsForChange.net or start a chat on our Facebook page facebook.com/CaChampionsforChange

We hope you try and enjoy each dish!



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Pork or Chicken with Mustard Greens Soup

Servings: 6

Serving size: 2 $\frac{3}{4}$ cups

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes



Ingredients

- 1 ½ pounds of lean pork loin or chicken breast without the skin
- 2 bunches of mustard greens
- 10 cups of water
- 1 stalk of lemongrass
- ½ teaspoon of salt

Preparation

- Clean and cut the pork loin or chicken breast into small, 1-inch cubes.
- Wash and cut the mustard greens into bite size pieces, about 2-inches long.
- Add water, lemongrass, and salt to a medium-sized pot and bring to a boil.
- Add the pork or chicken to the water and bring it to a low boil for 10 minutes.
- Add the mustard greens to the water and bring to a full boil.
- Remove lemongrass.

Nutrition information

per serving **Pork:**

Calories 210
Total Fat 8 g
Saturated Fat 2.5 g
Trans Fat 0 g
Cholesterol 60 mg
Sodium 285 mg
Carbohydrate 8 g
Dietary Fiber 4 g
Protein 29 g

Nutrition information

per serving **Chicken:**

Calories 180
Total Fat 3.5 g
Saturated Fat 0.5 g
Trans Fat 0 g
Cholesterol 85 mg
Sodium 280 mg
Carbohydrate 8 g
Dietary Fiber 5 g
Protein 30 g

Whole Fish with Herbs (Red Snapper or Tilapia)

Servings: 4

Serving size: ¼ fish

Prep Time: 15 minutes

Cook Time: 30-40 minutes

Total Time: 45-60 minutes

Ingredients

- 1 medium-sized Red Snapper or Tilapia, about 2 pounds
- ½ teaspoon of salt
- 3-4 red Thai chili peppers, sliced (spiciness to preference)
- ½ cup of mint, minced
- ¼ cup of cilantro, minced
- 3 green onions, minced
- 1 stalk of lemongrass, finely minced
- 6-8 kaffir leaves, finely minced

Preparation

- Scale, clean and rinse fish well, inside and out.
- Rub salt onto fish, evenly, inside and out.
- Add chili peppers and remaining ingredients into large mixing bowl, mix well.
- Stuff the mixture into the fish and wrap the fish in aluminum foil.
- To steam the fish, set the wrapped fish on a steam rack and steam for 30-40 minutes (larger fish may take a few extra minutes).
- To bake the fish, preheat the oven to 450 degrees. Wrap the fish in parchment paper before wrapping it in aluminum foil. Set oven to 400 degrees and bake on each side for 15 to 20 minutes, flipping once.

Nutrition information
per serving **Red Snapper**

Calories 240
Total Fat 3 g
Saturated Fat 0.5 g
Trans Fat 0 g
Cholesterol 80 mg
Sodium 400 mg
Carbohydrate 8 g
Dietary Fiber less than 1 g
Protein 46 g

Nutrition Information
per Serving **Tilapia**

Calories 240
Total Fat 4.5 g
Saturated Fat 1.5 g
Trans Fat 0 g
Cholesterol 95 mg
Sodium 400 mg
Carbohydrate 8 g
Dietary Fiber less than 1g
Protein 45 g



Chicken Laab

Serves: 6

Serving size: 1 cup

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes



Ingredients

- Juice of 2 medium-sized limes (about 4 tablespoons)
- 2 tablespoons fish sauce
- 1 teaspoon Thai chili powder
- 1 thinly sliced Thai chili pepper
- 1 cup of low-sodium chicken broth
- 1 1/2 pounds of lean ground chicken
- 1/2 cup thinly sliced green onions
- 1/2 cup thinly sliced shallots
- 3 tablespoons minced fresh lemongrass
- 1/2 cup chopped fresh cilantro leaves
- 1/2 cup chopped fresh mint leaves
- 2 small lettuce heads, separated into cups

Preparation

- In a small bowl add lime juice, fish sauce, chili powder and chili pepper, whisk thoroughly and set aside.
- Bring broth to a simmer in large skillet over medium heat.
- Add ground chicken and simmer until cooked, breaking up meat with spoon, about 8-10 minutes.
- Remove chicken from heat and drain, set broth aside.
- In a large mixing bowl, add drained chicken and green onions, shallots, lemongrass, cilantro and mint.
- Slowly add in liquid mixture to chicken, mix well.
- Spoon onto lettuce leaves.

Nutrition information per serving

Calories 150
Total Fat 7 g
Saturated Fat 2 g
Trans Fat 0 g
Cholesterol 65 mg
Sodium 530 mg
Carbohydrate 9 g
Dietary Fiber 2 g
Protein 17 g

Hmong Chili Sauce

Serves: 10

Serving size: 8 tablespoon

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes



Ingredients

- 1 garlic clove, finely minced
- 30 Thai peppers, fresh or frozen
- 3 tablespoons of cilantro, minced
- Juice of 1 lime (about 2 tablespoons)
- 4 tablespoons fish sauce

Preparation

- Use a mortar and pestle to crush garlic clove and peppers, pounding to help break the peppers down.
- Once the peppers are crushed, add minced cilantro and pound, mixing all ingredients well.
- Place mixture in a bowl, add the lime juice and fish sauce, mix well.

Nutrition information per serving

Calories 25

Total Fat 0 g

Saturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg

Sodium 390 mg

Carbohydrate 5 g

Dietary Fiber less than 1 g

Protein less than 1 g

Chicken Pho

(With Breast or Thigh)

Servings: 5

Serving size: about 3 cups

Prep time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes



Chicken Pho with **Chicken Breast**

Nutrition information per serving

Calories 370
Total Fat 5 g
Saturated Fat 1 g
Trans Fat 0 g
Cholesterol 60 mg
Sodium 630 mg
Carbohydrate 52 g
Dietary Fiber 2 g
Protein 29 g

Chicken Pho with **Chicken Thigh**

Nutrition information per serving

Calories 450
Total Fat 16 g
Saturated Fat 4.5 g
Trans Fat 0 g
Cholesterol 85 mg
Sodium 610 mg
Carbohydrate 52 g
Dietary Fiber 2 g
Protein 26 g

Ingredients

- 1 inch ginger
- 4 medium green onions
- 4 tablespoons cilantro
- 1 tablespoon coriander seeds
- 1 clove
- 7 cups of low-sodium chicken broth
- 5 cups of water
- 12-16 ounces of boneless, skinless chicken breasts or thighs
- 10 ounces of dried narrow flat rice noodles
- 1 tablespoon fish sauce
- Pepper (to taste)
- 1 thinly sliced chili pepper
- 5 lime wedges

Preparation

- Peel and slice the ginger, breaking it up with a mallet, then place in a bowl.
- Cut white sections of onion into short finger lengths, bruise, then add to the ginger.
- Slice green part of onion, set aside for a garnish.
- Chop 4 tablespoons of cilantro, set aside for garnish.
- In a 4-quart pot, toast coriander seeds and clove over medium heat 1 to 2 minutes. Add the ginger and green onion, stirring for 1 more minute.
- Take pot off the burner, wait 15 seconds or so to cool, then pour in the chicken broth.
- Return the pot to burner; add water and chicken.
- Bring to a boil over high heat.
- While the broth simmers, soak the rice noodles in hot water until soft then drain, rinse, and set aside.
- Remove the chicken from the broth when cooked, then drain and let cool; shred into bite-sized pieces.
- Strain the broth until clear, then season with fish sauce.
- Divide noodles between bowls. Arrange the chicken on top of noodles and garnish with the chopped green onions, cilantro and pepper.
- Ladle the chicken broth into each bowl and serve with lime wedge.

Mixed White and Brown Rice

Serves 10

Serving size $\frac{1}{2}$ cup

Prep time 5 minutes

Cooking time 55 minutes



Ingredients

- 1 cup white rice
- 1 cup brown rice
- 4 cups water

Preparation (stove top)

- Combine water and brown rice in medium size pot.
- Bring rice to boil, lower heat and let simmer for 15 minutes.
- After brown rice has simmered for 15 minutes, add white rice.
- Cook for another 20 minutes, check rice for tenderness. If not done add water if needed.
- Cook additional few minutes until rice is tender, checking every few minutes.

Nutrition information per serving

Calories 110
Total Fat .5 g
Saturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 0 mg
Carbohydrate 25
Dietary Fiber less than 1 g
Protein 2 g



The California Department of Public Health, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CaChampionsForChange.net.

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