

Southeast Asian Recipes

Filipino Adobo Chicken

8 chicken legs on the bone (skin removed)	1/3 cup cider vinegar
1/3 cup low sodium soy sauce	1 clove garlic, crushed
6 ground peppercorns	½ cup water
4 bay leaves	

Marinate chicken in vinegar, soy sauce, garlic and pepper, for at least an hour (overnight is ideal). (Be sure to marinate the chicken in the refrigerator.) Put the chicken and marinade along with the water and bay leaves in a deep pan and cook on medium-low heat. Cover and cook until the meat is tender, about 45 minutes. Remove the cover and cook an additional 15 minutes, until the sauce reduces. Discard bay leaves and serve over rice. Makes 4 servings.

Each serving provides 175 calories, 27 grams protein, 5 grams carbohydrate, 4 grams fat, 782 milligrams sodium, .0.5 grams fiber.

Gado Gado

Serve this spicy peanut sauce over cooked or raw vegetables.

1 clove minced garlic	1 small onion, minced
1 teaspoon vegetable oil	1 tablespoon fresh ginger or ½ teaspoon ground ginger
¼ cup lemon juice	1 cup coconut milk
2 cups peanut butter	1 tablespoon honey
1 teaspoon soy sauce	1 cup hot water
½ teaspoon chili powder	

Cook onions and garlic in oil. Add ginger. Add lemon juice, coconut milk, peanut butter, honey and soy sauce. Mix well. Cook for 5 to 10 minutes. Add enough water to make a desired consistency. Serve over vegetables such as chopped broccoli or green beans. Serve with rice or other cooked grains. Makes 6 servings.

Each serving provides 185 calories, 14 grams protein, 14 grams carbohydrate, 10 grams fat, 567 milligrams sodium, .2 grams fiber.

Pad Thai

1 teaspoon oil	1 cup tofu, cut into small chunks
8 ounces rice noodles	2 tablespoons soy sauce
½ teaspoon chili powder	1 raw carrot, shredded
1 cup steamed broccoli	½ cup bean sprouts
½ cup peanuts	Green onions, thinly sliced

Soak rice noodles in water until noodles are soft. Drain. Heat oil in skillet. Add tofu and garlic. Stir for 2 minutes; add noodles and stir. Add remaining ingredients one at a time. Stir until heated completely through. Makes 6 servings.

Each serving provides 450 calories, 14 grams protein, 52 grams carbohydrate, 22 grams fat, 594 milligrams sodium, 3 grams fiber.

Chao Fan

4 cups brown rice, cooked	2 eggs
1 cup meat, shredded	½ cup green onion, diced
2 tablespoons soy sauce	½ teaspoon sugar
½ teaspoon cooking oil	

Heat a skillet with oil and add the meat. Stir fry it until it is cooked and set it aside. Add the egg and scramble until the egg is all cooked. Put it aside. Add the rice, onion, soy sauce and sugar. Mix in the egg and meat. Warm through. Serves 4-6.

Each serving provides 220 calories, 6 grams protein, 32 grams carbohydrate, 4 grams fat, 132 milligrams sodium, 1 gram fiber.

Fillipino Tuna Empanada

2 packages of home style biscuits	1 teaspoon cooking oil
2 cans tuna, drained	1 small carrot, cut into small cubes
4 tablespoons of cream of mushroom soup	½ cup shredded cheese
3 tablespoons water	1 teaspoon garlic
2 tablespoons onion, minced finely	Salt and pepper to taste

In a skillet, over medium heat, add oil and cook garlic and onion, then add carrots. Cook until carrots are tender. Add cream of mushroom soup and water. Stir until well combined. Add the tuna and cheese, season with salt and pepper. Open the biscuits and roll each biscuit into a circle. Add a spoon of the tuna filling to the center of the biscuit and fold over. Seal each empanada with a fork on the edges. In a frying pan, add oil for frying. When the oil is hot, fry the empanadas until golden brown. Place on a paper towel to drain off excess oil. Serve immediately. Serves 5

Each serving provides 402 calories, 23 grams protein, 23 grams carbohydrate, 23 grams fat, 654 milligrams sodium, 2 grams fiber.

Chicken Satay Stir-Fry

½ cup smooth peanut butter	1/3 cup coconut milk
2 tablespoons chicken broth	1 lemon, zest finely grated
1 tablespoon vegetable oil	2 garlic cloves, crushed
1 red chili, deseeded and finely chopped	½ cup chili powder
2 skinless chicken breasts cut into thin strips	2 carrots, peeled and cut into thin strips
½ cup sliced button mushrooms	½ teaspoon coriander

In a small bowl, whisk together the peanut butter, coconut milk, chicken stock and lemon zest until blended. Set aside. Heat the oil in a large skillet over high heat. Add the garlic and red chili and stir-fry for 30 seconds to release their flavor. Add the chicken and chili powder and stir-fry for 3-4 minutes until the chicken has colored all over. Add the carrots and mushrooms and stir-fry for 2-3 minutes more until slightly softened. Pour the peanut butter mixture into the skillet and stir-fry for 2-3 minutes more until the chicken is cooked through and tender. Remove from heat; stir in the coriander and serve immediately with brown rice. Makes 4 servings.

Each serving provides 342 calories, 28 grams protein, 9 grams carbohydrate, 20 grams fat, 184 milligrams sodium, 6 grams fiber.

Banana Spring Rolls

2 large firm bananas
1 cup brown sugar, or to taste

8 spring roll wrappers, thawed
Oil for frying

Preheat the oil in a large skillet over medium high heat. Peel bananas and slice them in half lengthwise, then crosswise into quarters. Place one banana piece diagonally across the corner of a spring roll wrapper, and sprinkle with brown sugar to taste. Roll from the corner to the center, then fold top and bottom corners in, and continue rolling. Dip your finger in water and brush the last edge to seal. Repeat with remaining banana pieces. Fry a few banana rolls at a time in the hot oil until evenly golden brown. Remove to paper towels to drain. Serve hot or cold. Serves 8.

Each serving provides 325 calories, 4 grams protein, 53 grams carbohydrate, 12 grams fat, 191 milligrams sodium, 2 grams fiber.

Green Vegetable Salad with Garlic and Ginger

2 cups broccoli
4 green onions
1 clove garlic, crushed
1 tablespoon Thai fish sauce

1 ½ cups bok choy or other Chinese cabbage
1 cup sugar snap peas, trimmed
1 teaspoon finely grated ginger
1 teaspoon brown sugar

Cut broccoli into small florets, trimming stalks as needed. Trim bok choy and slice stems. Slice green onions thinly on the diagonal. Combine the broccoli, bok choy, onions, and peas in a large bowl. Add garlic and ginger and toss well. Place the vegetables in a microwave safe dish and microwave on high for 3-4 minutes or until vegetables are crisp tender. Place vegetables on serving dish. Combine fish sauce and sugar in a small cup, stirring until sugar is dissolved. Drizzle over the vegetables. Serve hot or chill briefly in the refrigerator before serving. Makes 4 servings.

Each serving provides 48 calories, 6 grams protein, 6 grams carbohydrate, 0 grams fat, 485 milligrams sodium, 5 grams fiber.

Asian Pasta Salad

- 1 pound whole wheat pasta
- 1 cup snow peas, halve lengthwise
- 2 medium carrots, peeled, cut into matchstick shapes
- 2 cups basil leaves
- ½ cup mint leaves
- 1 teaspoon coriander
- 2 cloves garlic
- 2 tablespoons sesame oil
- 1 tablespoon vegetable oil
- ½ teaspoon chili flakes
- ½ teaspoon salt
- 1 small red chili pepper, seeded and thinly sliced (optional)
- 2 green onions, finely chopped
- 2 tablespoons unsalted chopped dry-roasted peanuts (optional)

Cook the pasta according to package directions. Add snow peas and carrots for the last 2 minutes of cooking. Drain, rinse under cold water and then drain well. Place basil, mint, coriander, garlic, sesame oil, vegetable oil, chili flakes and half the salt in a food processor and blend to form a paste. Combine the pasta with the red chili pepper, onions and the paste in a large bowl. Serve at room temperature or chilled. Garnish with peanuts. Serves 6.

Each serving provides 309 calories, 10 grams protein, 38 grams carbohydrate, 13 grams fat, 437 milligrams sodium, 11 grams fiber.