

# Recipe: SINIGANG NA BABOY (PORK SINIGANG)

RECIPE CONTENTS

PREP TIME



## SINIGANG NA BABOY (PORK SINIGANG)

Main Course

15 minutes

### INGREDIENTS

- 2 lbs pork belly (or buto-buto)
- 1 bunch spinach (or kang-kong)
- 3 tbsp fish sauce
- 1 bunch string beans (sitaw), cut in 2 inch length
- 2 pieces medium sized tomato, quartered
- 3 pieces chili (or banana pepper)
- 1 tbsp cooking oil
- 2 liters water
- 1 large onion, sliced
- 1 big radish (labanos), slice
- 1 pack sinigang mix (fine for 2 liters water)
- \* you may also add okra and eggplant if desired

### DIRECTIONS

1. Boil 2 liters of water into pot.
2. Add onions, garlic and tomatoes into boiling water for 5 mins.
3. Add the pork belly and boil for 30-40 mins. or until pork tenders.
4. Put-in the sinigang mix and chili simmer for another 5 mins.
5. Add the string beans (and other vegetables if there are any) and simmer for 5 to 8 minutes
6. Add fish sauce or salt to taste.
7. Put-in the spinach, turn off the heat, and lid the pot. Let the spinach chef using the remaining heat in the pot.
8. Serve hot with steamed rice.

COOK TIME

45 minutes

YIELD

2 servings

### NUTRITION REPORT CARD (amount per serving)



6.1 grams total fat

80 milligrams cholesterol

297 milligrams sodium

23.8 grams carbs

pork belly can be substituted with beef, chicken, or lean turkey

**\*\*For those on meat restrictions additional vegetables that are recommended are diakon, cabbage, and eggplant\*\***

### RECIPE TAGS

soup, main dish

PREP TIME

20 minutes

Main Course

COOK TIME

35 minutes

YIELD

8 servings

## Lumpia Sariwa Recipe

### INGREDIENTS

- 1/2 cup cabbage, julienned
- 1/2 cup green beans, julienned
- 1/2 cup carrots, julienned
- 1/4 cup celery, julienned
- 1/4 cup jicama, julienned
- 1/2 cup ground chicken or lean pork
- 1/2 cup shrimp, cleaned and deveined
- 1/2 cup chicken broth
- 8 pieces red leaf lettuce
- 8 Vietnamese spring-roll wrappers or lumpia wrappers
- 2 cloves garlic, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup dry roasted peanuts, chopped

### DIRECTIONS

1. Heat oil, and saute ground meat with the shrimp and garlic.
2. Add vegetables until slightly crisp. Pour in the chicken broth until cooked.
3. Season with salt and pepper.
4. Set aside, and drain in a colander.
5. Save the broth for the lumpia sauce.
6. Soak the Vietnamese spring roll wrappers one at a time in water until soft and transparent. Dry immediately with a paper towel. wrappers one at a time in water until
7. Lay the lettuce on the wrapper.
8. Place 2 tablespoons of the vegetable mixture on the wrapper.
9. Fold in one side of the wrapper and roll tightly.
10. Serve with lumpia sauce on top. Sprinkle with chopped peanuts.

### Lumpia Sauce

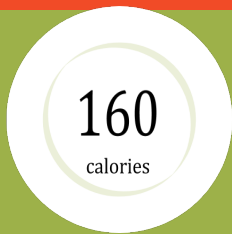
- 1 tablespoon olive oil
- 1 clove garlic (minced)
- 1 cup broth from the sauteed vegetables
- 1 tablespoon light soy sauce
- 1 tablespoon brown sugar
- 3 cloves garlic, minced
- 1 teaspoon cornstarch
- 2 tablespoons cold water for mixing cornstarch

### Lumpia Sauce

1. Mix vegetable broth, soy sauce, brown sugar, and garlic together. Bring to a boil.
2. Mix the cornstarch in 2 tablespoons of cold water.
3. Slowly add the cornstarch mixture to the broth. stir until sauce thickens.



### NUTRITION REPORT CARD (amount per serving)



4	grams total fat
55	milligrams cholesterol
150	milligrams sodium
21	grams carbs

### RECIPE TAGS

Main Dish, Wrap

# Recipe: Pancit

RECIPE CONTENTS

PREP TIME



## Pancit

Click in cell G3 and select a category for your recipe.

Main course

# minutes

### INGREDIENTS

### DIRECTIONS

COOK TIME

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1/2 cup onion, chopped
- 1 cup shrimp, cooked
- 1 cup chicken, cooked
- 1 cup spring beans or young snow peas
- 1 medium red bell pepper, julienned
- 3 stalks celery, chopped
- 2 cups carrot, julienned
- 4 cups cabbage
- 1 tablespoon reduced-sodium soy sauce
- 4 cups low sodium chicken broth
- 16oz vermicelli rice noodles, uncooked
- 1/2 teaspoon ground pepper
- 1 egg, hard boiled
- 2 lemons
- 2 green onions

1. In a wok or large skillet, over medium heat, sauté garlic and onion in olive oil until soft. 2. Stir in chicken, shrimp and soy sauce. Add 3 cups chicken broth and bring to boil. 3. Add noodles using 2 wooden spoons to stir in noodles. Cook for 15 minutes until noodles are translucent. Be careful that noodles don't become gummy. May need to add more broth (or water) to prevent this from happening. 4. Add vegetables and cook until cabbage begins to soften. 5. Transfer pancit to a serving dish and garnish with sliced eggs, green onions and one lemon sliced into wedges. 6. Squeeze the juice of one lemon over top of noodles before serving. Serve immediately.

# minutes

YIELD

12 servings

### NUTRITION REPORT CARD (amount per serving)



5	grams total fat
59	milligrams cholesterol
220	milligrams sodium
41	grams carbs

### RECIPE TAGS

<https://www.davita.com/recipes/pasta,-rice-and-grains/pancit/r/5687>

PREP TIME

## Fish Cardillo

# minutes

### INGREDIENTS

- 1 pound (1/2 kg) red snapper
- 4 teaspoons corn oil for sauté
- 1/4 cup flour
- 1 large onion, sliced
- 3 or 4 medium-sized tomatoes, chopped
- 1/2 cup egg whites, beaten
- 1/2 cup water
- A dash ground pepper
- 15 stalks green onions, chopped

### DIRECTIONS

1. Thoroughly clean fish. Remove scale and gills, and wash thoroughly. Drain and set aside.
2. Slice the raw fish into six pieces
3. Heat corn oil in frying pan.
4. Place the flour into a bowl or plastic bag. Place the raw fish in the flour and cover the outside of each fish with flour.
5. Sauté fish until golden brown. Set aside on top of a paper towel.
6. Sauté onion and tomatoes. Add 1/2 cup of water.
7. Add the beaten egg whites and fish. Cover and let it simmer for 5–10 minutes.
8. Season with ground pepper.
9. Sprinkle with chopped green onions.

COOK TIME

# minutes

YIELD

6 servings

### NUTRITION REPORT CARD (amount per serving)



4	grams total fat
45	milligrams cholesterol
115	milligrams sodium
13	grams carbs

### RECIPE TAGS

<https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/recipes/Re>

# Recipe: Turon

RECIPE CONTENTS

PREP TIME



## Turon

Click in cell G3 and select a category for your recipe.

# minutes

### INGREDIENTS

- 8 lumpia wrappers
- 3 medium-sized ripe bananas
- 1/2 cup sugar
- 1 egg, beaten
- 3 cups cooking oil
- 1 tablespoon powdered sugar to dust

### DIRECTIONS

Peel and cut bananas into pieces to fit lumpia wrappers. Roll banana pieces in sugar to coat. Roll up sugared bananas in lumpia wrappers. Fold over the corners of wrapper and press down firmly to seal. Brush with beaten egg to seal edges of wrappers. Heat oil in a wok to 350 to 375 F. Place 4 turon in the hot oil, frying until crisp and golden for 5 - 7 minutes. Remove turon from wok with a spatula or tongs and place on paper towels to drain. Fry remaining turon. Sprinkle with powdered sugar if desired and serve hot. \* Use plantains instead on potassium restricted diet. One turon contains about 1/3 of a medium banana\*

COOK TIME

# minutes

YIELD

8 servings

### NUTRITION REPORT CARD (amount per serving)



- 7 grams total fat
- 11 milligrams cholesterol
- 60 milligrams sodium
- 41 grams carbs

### RECIPE TAGS

[https://www.davita.com/recipes/desserts/turon-\(filipino-banana-rolls\)/r/](https://www.davita.com/recipes/desserts/turon-(filipino-banana-rolls)/r/)

# Adobong Manok (Marinated Chicken)

RECIPE CONTENTS

PREP TIME

Main Course

20  
minutes



## INGREDIENTS

- 1 tsp Olive Oil
- 2 cloves of garlic (*crushed*)
- 2 medium onions (*chopped*)
- 1 lb skinless chicken breast
- 2 tbsp *light* soy sauce
- 1/4 cup vinegar
- 1 tsp paprika
- 2 tbsps ground black pepper
- 1 bay leaf (split in half)

*Optional:* 1 medium tomato

## DIRECTIONS

- 1.Combine olive oil, garlic and onion in a frying pan.
- 2.Add chicken and sauté all ingredients until chicken has browned.
- 3.Add light soy sauce, bay leaf, paprika, vinegar and black pepper and stir together.
- 4.Bring to a boil and let simmer for 45-60 minutes. Or until chicken is fully cooked.
- 5.Separate the chicken from the broth. Arrange chicken in a broiler. Broil until chicken has turned a nice brown.
- 6.Remove chicken and place in a bowl.
- 7.Boil sauce in pan (uncovered) until it has reduced to half its amount and has become thick.
- 8.Remove sauce and pour over chicken. Optional: Garnish with cut up red tomatoes.

COOK TIME

80  
minutes

YIELD

2  
servings

## NUTRITION REPORT CARD (amount per serving)



5 grams total fat

70 milligrams cholesterol

330 milligrams sodium

10 grams carbs

## RECIPE TAGS

Chicken, marinated, light