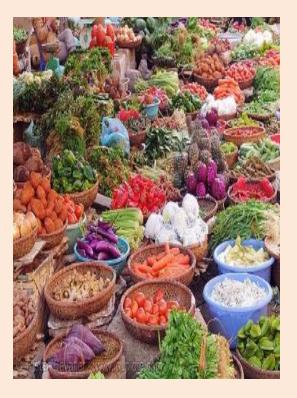
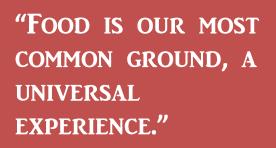
CULTURALLY RELEVANT HEALTHY MEALS: VIETNAMESE

CNSA CULTURAL AWARENESS COMMITTEE DIRECTOR LUANA LIBERMAN

ANTHONY HUERTA, SAC





-JAMES BEARD (1903)



MENU



light brown sugar 1 tablespoon

thinly sliced napa cabbage 2 cups

fish sauce 1 tablespoon

minced garlic 1 tablespoon

Vietnamese Mango & Chicken Salad

Yield: 2 servings Prep time: 10 mins Total time: 20 mins

Ingredients

lime juice 3 tablespoons mango, chopped 1 canola oil 1 tablespoon grated carrot ½ cup scallions, sliced 2 chopped fresh mint ½ cup shredded cooked chicken 1 cup thinly sliced red cabbage 2 cups

Directions

Combine lime juice, oil, brown sugar, fish sauce and garlic in a large bowl. Add chicken, stir to coat and allow to marinate for 5 minutes. Add napa and red cabbage, mango, carrot, mint, scallions and pepper to the chicken; toss to combine.

Special Diet Information

Gluten free & Low Calorie.

MENU



Vietnamese healthy spring rolls with peanut butter sauce Yield: 4 servings Prep time: 15 mins Total time: 30 mins

Ingredients

large shrimps deveined 10-12 cucumber julienned 1 small carrots julienned 2-3 buckwheat noodles 3 oz soy sauce 1 tsp salt 1 pinch iceberg lettuce coriander 1 cup fresh mint leaves ½ cup avocado oil 1 tsp rice paper wraps

DIPPING SAUCE:

peanut butter (plain) ¼ cup soy sauce 1-2 tbsp chili garlic paste 1 tbsp corn starch 1 tsp

1 cup water 1 cup

Directions

[Heat oil in a medium skillet on medium heat. Add shrimp, 1 tsp soy sauce and salt if necessary. Sauté the shrimps for about 2-3 min or until well done. Let it cool for about 5 min.

Meanwhile cook noodles according to the package instructions. Once cooked, drain and rinse with cold water to avoid further cooking.

Combine all ingredients listed under 'DIPPING' into a small saucepan. Cook the mixture on medium heat for about 3-5 min or until corn starch is cooked.

Cut cooked shrimp into half lengthwise.

Take very warm water in a large skillet or large plate. Dip rice paper wrap in the water for 10-15 sec and then spread it carefully on a slightly wet cutting board.

Now put lettuce, some noodles, 2-3 carrot juliennes, 2-3 cucumber juliennes, some cilantro leaves, 3-4 mint leaves on one side of the wet wrap. Also layer 2-3 shrimp halves ahead of veggies leaving some gap in between. Gently fold the rice paper wrap from noodle and veggie side once. Then tuck in the side edges of the wrap and continue to fold over the shrimp and roll until seam is sealed. Repeat this step for each roll.

Enjoy these fresh healthy spring rolls with prepared peanut butter dipping.]

Special Diet Information

Low sodium, Diabetic friendly.

MENU

References

Vietnamese Mango & Chicken Salad Recipe. (n.d.). Retrieved from http://www.eatingwell.com/recipe/250801/vietnamese-mango-chicken-salad/

Watch What U Eat. (2018, August 3). Vietnamese healthy spring rolls with peanut butter sauce Retrieved from https://www.watchwhatueat.com/vietnamese-healthy-spring-rolls/