



Asian Vegetable Recipes

Sharon Blakely & Richard Molinar, 2012

Bitter Melon Stir Fry

1 ripe bitter melon, seeded and sliced
 1 T olive oil
 3 garlic cloves, crushed
 1 onion, diced
 ½ pound cubed pork
 ½ pound medium shrimp, peeled and deveined
 1 tomato, chopped
 1 T reduced sodium soy sauce
 Pepper to taste

1. Place sliced bitter melon in boiling water until just tender (2 - 3 minutes). Drain.
2. Heat olive oil in skillet over medium heat. Sauté onions for about 5 minutes until tender.
3. Add garlic; sauté an additional 2 minutes; mix in pork and cook until no longer pink.
4. Add shrimp; cook about 5 minutes until done.
5. Add tomato, bitter melon and soy sauce; cook until tender.

Serves 4

Nutritional Analysis

Calories	228 kcal
Total Fat	7.4 g
Saturated Fat	1.6 g
Cholesterol	150mg
Sodium	404 mg
Carbohydrate	9.4 g
Dietary Fiber	2g
Sugar	2.6 g
Protein	30 g

Opo and Beef

1 T vegetable oil
 ½ cup EACH onion and celery, chopped
 2 garlic cloves, chopped
 ¼ lb ground beef
 2 cups opo squash, peeled and diced
 1 T fish or oyster sauce
 1 tsp fresh ginger, minced
 1/2 tsp sugar
 Pepper to taste

1. Heat oil in pan/wok; stir fry onion and celery for 5 minutes or until translucent.
2. Add garlic and ground beef; stir fry until meat is browned.
3. Add diced opo, fish/oyster sauce, ginger, sugar and pepper and cook about 10 minutes until tender.

Serves 4

Nutritional Analysis

Calories	102 kcal
Total Fat	6g
Saturated Fat	2.2 g
Cholesterol	20.13 mg
Sodium	68 mg
Carbohydrate	6.4 g
Dietary Fiber	1.5 g
Sugar	1.6 g
Protein	5.7 g

Luffa and Prawns

- 1 T vegetable oil
- 1 garlic clove, minced
- 1 lb large prawns, peeled and deveined
- 2 luffa, chopped
- ¼ cup bamboo shoots
- 1 tsp coriander
- 1 tbsp reduced sodium soy sauce
- 1 green onion, sliced

1. Heat oil in a wok/pan.
2. Add garlic and stir fry for 1 minute.
3. Add prawns; cook until done.
4. Add luffa; continue to stir fry with prawns until just tender, about 10 minutes.
5. Add bamboo shoots, coriander and soy sauce to pan and stir fry a few more minutes.
6. Sprinkle with green onion and serve.

Serves 4

Nutritional Analysis

Calories	209 kcal
Total Fat	6g
Saturated Fat	1 g
Cholesterol	227 mg
Sodium	375 mg
Carbohydrate	5.8 g
Dietary Fiber	2 g
Sugar	1 g
Protein	32 g

Fuzzy Gourd Stuffed with Pork and Mushrooms

4 fuzzy gourds
1 T vegetable oil
1 small onion, diced
1 clove garlic, minced
½ lb ground pork
1 cup cooked rice
2 shiitake mushrooms, diced
1 tbsp reduced sodium soy sauce
½ cup cilantro, chopped

1. Slice gourds in half and blanch in boiling water 10 minutes until slightly soft.
2. Scoop flesh out of gourds.
3. In separate pan heat oil and sauté onions and garlic until tender.
4. Add pork; cook until done.
5. Stir in cooked rice, mushrooms, and soy sauce; heat.
6. Remove from heat and stir in cilantro.
7. Stuff gourd half with pork mixture; steam about 30 minutes.

Serves 4

Nutritional Analysis

Calories	236 kcal
Total Fat	13 g
Saturated Fat	4.6 g
Cholesterol	41 mg
Sodium	775 mg
Carbohydrate	18 g
Dietary Fiber	2 g
Sugar	.4 g
Protein	12 g

Chinese Winter Melon Chicken Soup

1 large winter melon, seeded and chopped
2 cups chicken broth
4 dried black mushrooms, rehydrated
2 tsp grated gingerroot
1 ½ cups cooked chicken, shredded
1 cup asparagus tips
Salt to taste

1. Place melon in pot of boiling water; simmer 20-30 minutes until tender. Drain.
2. Add remaining ingredients; simmer additional 5 minutes.

Serves 4

Nutritional Analysis

Calories	154 kcal
Total Fat	2 g
Saturated Fat	.3 g
Cholesterol	0.0 mg
Sodium	1564mg
Carbohydrate	25 g
Dietary Fiber	15 g
Sugar	1 g
Protein	10 g

Chinese Long Bean and Tofu Salad

1 T vegetable oil
1 package firm tofu, drained and chopped
½ lb Chinese long beans
3 T roasted peanuts, crushed
1 T EACH peanut oil, reduced sodium soy sauce AND lime juice
1 tsp sugar

Directions:

1. Pan fry tofu in oil; set aside.
2. Blanch long beans in boiling water 5 minutes until slightly tender; place in water to stop cooking.
3. Mix dressing by combining peanuts, peanut oil, soy sauce, sugar and lime juice.
4. Chill tofu and long beans; toss with dressing and serve cold.

Serves 4

Nutritional Analysis

Calories	309 kcal
Total Fat	9.5 g
Saturated Fat	1.6 g
Cholesterol	0 mg
Sodium	201.4 mg
Carbohydrate	38.31 g
Dietary Fiber	7 g
Sugar	1.17 g
Protein	20 g

Snow Pea Daikon Salad

½ lb EACH snow pea tips AND snow pea pods, trimmed
½ daikon, shredded
¼ cup shredded carrots
2 T roasted sesame seeds
¼ cup rice wine vinegar
1 tsp sugar
1 T vegetable oil

1. Toss vegetables together.
2. Make dressing by combining sesame seeds, vinegar, sugar and oil.
3. Cover vegetables with dressing; serve cold.

Serves 4

Nutritional Analysis

Calories	117 kcal
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	19 mg
Carbohydrate	13.12 g
Dietary Fiber	4.5 g
Sugar	7 g
Protein	4 g

Hyacinth Bean Soup

½ pound hyacinth beans, shelled
 1 T vegetable oil
 1 small onion, chopped
 1 clove garlic, minced
 2 cups chicken broth
 1 tomato, chopped
 ¼ tsp EACH coriander AND chili powder
 1 T orange juice
 ½ cup green onions, sliced

Directions

1. Cover beans with water; bring to boil, then simmer about 2 hours until soft; drain.
2. Heat oil in a stock pot; add onion and garlic and sauté until tender.
3. Add broth, cooked beans, tomato and 1 cup water; bring to a boil. Reduce heat and simmer 10 minutes
4. Add seasonings and juice; continue to simmer 5 minutes.
5. Garnish with green onion.

Serves 4

Nutritional Analysis

Calories	171 kcal
Total Fat	3.7 g.
Saturated Fat	0.4 g
Cholesterol	0.0 mg
Sodium	299 mg
Carbohydrate	24.86 g
Dietary Fiber	14 g
Sugar	3 g
Protein	9.5 g

Lemongrass Chicken Soup

2 lb. skinless chicken legs
4 lemongrass stalks, white and pale-yellow parts, smashed and chopped
4 green onions, halved crosswise
1 onion, halved
1-inch piece ginger, ½ thinly sliced and ½ cut into thin strips
1 fresh Thai or Serrano chile, seeded
1 teaspoon black peppercorns
10 cups water
5 stems fresh cilantro, plus 1/3 cup leaves
3 stems fresh mint, plus ¼ cup thinly sliced leaves
1 T. reduced sodium soy sauce
1 cup sliced mushrooms

1. Place chicken, lemongrass, green onions, onion, sliced ginger, chile, peppercorns, and water in large pot. Cover; bring to simmer. Gently simmer 1 hour.
2. Add cilantro and mint stems; simmer 15 minutes; strain. Reserve broth and chicken; discard remaining solids.
3. Shred chicken meat; discard bones. Refrigerate broth and chicken separately for 4 hours or overnight.
4. Skim fat from broth; reheat.
5. Combine chicken, thin ginger strips, cilantro leaves, thin mint strips, and mushrooms in a bowl.
6. Divide broth among bowls, and serve with chicken mixture on the side.

Serves 6

Nutritional Analysis

Calories	50 kcal
Total Fat	.77 g.
Saturated Fat	.2 g
Cholesterol	14.7 mg
Sodium	113 mg
Carbohydrate	5.6 g
Dietary Fiber	.63 g
Sugar	1.3 g
Protein	6.6 g

Marinated Japanese Eggplant

5 Japanese eggplants
1 T sesame oil
1 tsp. grated ginger
1 T rice vinegar
1 ½ T reduced sodium soy sauce
1 tsp EACH sugar and mirin

1. Wash and trim eggplant ends; steam eggplants 10 minutes until barely soft. Cut into bite-size strips.

2. Combine oil, ginger, vinegar, soy sauce, mirin and sugar in bowl. Mix well until sugar dissolves.
3. Pour over eggplants; chill and marinate overnight.

Serves 4

Nutritional Analysis

Calories	140 kcal
Total Fat	4 g
Saturated Fat	0.6 g
Cholesterol	0.0 mg
Sodium	234.49 mg
Carbohydrate	26 g
Dietary Fiber	14 g
Sugar	11.5 g
Protein	4.5 g

Spicy Shrimp and Bok Choy Noodle Bowl

- 3 T vegetable oil
- 2 teaspoons crushed red pepper flakes
- 4 cloves garlic, chopped
- 2 inches ginger root, peeled and grated
- ½ pound brown mushrooms, sliced
- 1 bok choy, trimmed and cut into 3" pieces
- 1 quart low sodium chicken broth
- 1 cup clam juice
- 1 pound medium shrimp, peeled and deveined
- 8 ounces vermicelli (thin spaghetti)
- 4 green onions, cut into 3" pieces, then shredded lengthwise into thin strips

1. In stockpot, heat oil, crushed red pepper, garlic, ginger, mushrooms, and bok choy.
2. Add chicken broth and clam juice. Cover and bring soup to a boil.
3. Add shrimp and vermicelli: cook 3 minutes.
4. Serve sprinkled with green onions.

Serves 4

Nutritional Analysis

Calories	408 kcal
Total Fat	15 g
Saturated	Fat 2.5 g
Cholesterol	227 mg
Sodium	480 mg
Carbohydrate	28 g
Dietary Fiber	2.75 g
Sugar	3g
Protein	41 g

Strawberry Spring Rolls

½ cup EACH daikon, gailon, Chinese cabbage, AND strawberries, all cut into thin strips

8 rice wrappers
4 T. reduced sodium soy sauce
1 T. sesame oil

1. Mix together all vegetable strips; place strips on soaked rice wrappers and roll up burrito-fashion.
2. Combine soy sauce and oil; use for dipping sauce.

Serves 4

Nutritional Information

Calories	133 kcal
Total Fat	3.5 g
Saturated Fat	.5 g
Sodium	615.7 mg
Carbohydrate	23 g
Dietary Fiber	2 g
Sugar	2 g
Protein	2.8 g

“Field of Greens” Salad

4 c. Ceylon or water spinach
½ c. EACH chopped gailon, snow pea tips, AND snow pea pods
½ c. EACH shaved daikon AND sliced fresh strawberries
2 T. toasted slivered almonds

Dressing:

2 cloves garlic, minced
4 T. sesame oil
½ lemon, juiced

1. Wash all veggies; pat dry. Toss together spinach, gailon, snow pea tips and pods.
2. Prepare dressing: Sauté garlic in hot oil until slightly browned. Toss greens with dressing and lemon juice.
3. Top salad with daikon, strawberries and almonds.

Serves 6

Nutritional Analysis

Calories	118 kcal
Total Fat	10.7 g.
Saturated Fat	1.5 g
Cholesterol	0 mg
Sodium	19 mg
Carbohydrate	4.6 g
Dietary Fiber	2 g
Sugar	2 g
Protein	2 g