

Recipe Packet: Light and Healthy Cooking – Asian Inspired Favorites

Chinese Chicken Salad

Serves 6-8

3 poached chicken breasts*, shredded and chilled
1 head iceberg lettuce, shredded
1 cup green cabbage, shredded
1 cup red cabbage, shredded
1 cup carrots, peeled and shredded
1 red bell pepper, julienned
3 scallions, thinly bias-sliced
Kosher salt and freshly ground black pepper
1 cup Chinese chicken salad dressing, recipe follows
½ bunch cilantro, washed and spun dry
½ cup slivered almonds, toasted
2 tablespoons sesame seeds, toasted
2 cups fried wonton strips, optional

In a large bowl, combine the chicken, lettuce, cabbage, carrots, red bell pepper and scallions. Season with salt and pepper and toss to combine. Drizzle the dressing over and toss again to coat.

Add the cilantro, almonds, sesame seeds and wonton strips and toss lightly again. Divide evenly among plates and serve cold.

Chinese Chicken Salad Dressing

Makes approximately 2 cups

1 tablespoon fresh ginger, finely minced
1 teaspoon garlic, finely minced
1 teaspoon wasabi paste
Juice of one lime
2 tablespoons seasoned rice wine vinegar
2 tablespoons Tamari, or soy sauce
pinch red pepper flakes
pinch kosher salt and pinch of freshly ground black pepper
¼ cup sesame oil
¾ cup vegetable oil

Combine all of the ingredients into a jar and shake vigorously to combine. Keep covered and chilled in the refrigerator until ready to use.

** To poach the chicken breasts: Place a straight-sided skillet over medium-high flame and add enough water until it comes up halfway. Season the water with 1 teaspoon kosher salt, carrot pieces, celery slices, 6 black pepper corns, and three bay leaves. When the water boils, lower the heat to medium-low and slip the chicken breasts into the water. Cover and gently simmer until fully cooked, about 15 minutes. Remove from the poaching water and set aside to cool.*

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Grilled Lemongrass Shrimp in Lettuce Tacos

Serves 4 – 6

Juice of one lime
1 tablespoon fish sauce
1 teaspoon sugar, or palm sugar
pinch red pepper flakes
Zest of one lime
1 pound wild shrimp, medium-sized, peeled and de-veined
Kosher salt, freshly ground black pepper
1 stalk lemongrass, peeled and finely minced
1 teaspoon minced fresh ginger
3 cloves garlic, finely minced
2 tablespoons coconut oil
2 stalks celery, thinly bias-sliced
1 carrot, peeled and julienned
6-8 sprigs fresh cilantro
8-12 broad iceberg lettuce leaves, washed and dried, kept chilled

Prepare the dipping sauce: Combine the lime juice, fish sauce, sugar and red pepper flakes in a small saucepan with 2 tablespoons of water. Over high heat, boil and stir until the sugar is dissolved. Transfer to a small bowl and set aside to cool. Stir in the lime zest.

In a mixing bowl, combine the shrimp, salt and pepper, lemongrass, ginger, garlic and coconut oil and toss to coat. Pour onto a sheet of aluminum foil. Arrange in a single layer. Fold and crimp the foil over the shrimp to create an airtight package.

Lay the foil package directly on top of your stovetop burner (if gas burner) over medium flame. If you need to create a flatter surface, lay a cooling rack or a rack from your barbecue grill over the burner before placing the foil packet over. The heat from the burner will immediately begin to cook the contents inside. Cook on medium flame for 7 minutes, carefully flipping over once.

**Alternatively, you can spread the shrimp and seasonings in a single layer on a baking sheet and broil in the oven for 7 minutes.*

Remove and transfer to a plate. Carefully open the pouch (be careful not to get burned by the steam!) and set aside.

Assemble the lettuce tacos by evenly dividing the shrimp on top of 6-8 lettuce leaves. Garnish each taco with celery, carrot and cilantro. Drizzle some of the dipping sauce on top. Roll up and enjoy!

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Black Bean Sauce:

Makes approximately 2 cups

¼ cup fermented black beans
½ cup canola oil
¼ cup minced garlic
¼ cup peeled and minced fresh ginger
3 stalks scallions, white and green parts, sliced 1/8 inch thick
2 teaspoons sambal oelek, or any garlic chili paste
¼ cup Shaoxing rice wine
pinch kosher salt and freshly ground black pepper

Soak the black beans in 2 tablespoons of hot water to soften. Heat a wok or large sauté pan over high heat. Add the oil and swirl to coat the pan. Add garlic, ginger, and scallions, and stir-fry until the mixture has softened, 2 to 3 minutes. Add the beans, sambal oelek and wine, decrease the heat to medium, and cook until the mixture is reduced by three quarters, 2 to 3 minutes. Add the salt and pepper.

Remove the mixture from the heat and allow it to cool. Transfer half of the mixture to a blender and purée it at high speed. Stir the purée back into the remaining mixture and cool completely. Store in an airtight container in the refrigerator until ready to use.