

JCCAA/LLC 2008 Healthy Cooking Recipes

Purple Cabbage Salad

Ingredients:

1/2 shredded purple cabbage, 2 tablespoons chopped parsley, 8 thin sliced green beans.

Dressing:

1 tablespoon of olive oil, 1/2 cup fresh mandarin orange juice, 1/2 cup oven toasted crushed cashews, pinch of salt.

Procedure:

1. Mix purple cabbage, parsley and green beans in a large zip lock bag, set aside.
2. Mix crushed cashew nuts and salt in a large jar, shakes until thoroughly mixed.
3. Pour dressing over salad, shake well and refrigerate to let the flavor max for at least 1 hour.



Yam Sandwich

Ingredients:

1 sweet potato(mashed), 2 tablespoons chopped Fuji apple, 2 tablespoons chopped cucumber, 1/2 cup alfalfa sprouts, 4 slices of bread.

Procedure:

1. Bake the whole yam with skin in the oven or peel and chop sweet potato and place in glass dish, sprinkle with 2 tablespoons water, microwave on high for 6 minutes, let cool and mash with cooking liquid
2. Mix apple, tomato and cucumber and mash into yam.
3. Divide yam mixture between 2 slices of toast, spread alfalfa sprouts over mixture, and cover with the other slice of bread, cut into halves.



Herb Roasted Chicken Breast

Ingredients:

4 Boneless skinless chicken breasts halves, 2 tablespoons of Olive Oil, 2 tablespoons of Rosemary & Garlic spices, 2 tablespoons chopped Basil leaves, Salt & Ground Black Pepper (optional)

Procedure:

1. Hit the chicken breasts with a tenderizing mallet until slightly thinned out.
2. In a large zip-top bag, place chicken breast halves and spices in the bag, seal bag and shake to coat the chicken.
3. Pre heat oven to 375 degrees, coat a large pan or stovetop grill pan with olive oil.
4. Place chicken on prepared pan and cook until golden brown on each side and cooked through.



Salmon and Rice

Ingredients:

8cups of rice, 7 cups of water, 1 cup of Japanese seasoning soy sauce, 1/2 cup of Mirin (can substitute 1/4 cup of water with 1/4 cup of Mirin (if you prefer a lighter sweet flavor), 3/4 slices of thin Fresh skinless salmon, Pinch of salt.

Procedure:

1. Mix the rice and all the liquid ingredients in a rice pan. Stir well.
2. Pour 1 cup of water in the rice cooker and cook the rice for 20 minutes and simmer for 20 minutes.
3. Put 3-4 slices of thin salmon on top of the cooked rice. Sprinkle a pinch of salt. Add 1/2 cup of water in the rice cooker and cook for another 10 minutes.
4. Smash the salmon and mix with the rice. Garnish with chopped green onion and serve.



Stir-fry Celery, Ginkgo(白果) & Gou Gi Zi (枸杞子)

Ingredients:

2 tablespoons of olive oil, 2 cups sliced celery, 1/2 cup of canned or fresh ginkgo, hand full of washed Gou Gi Zi, 1 table spoon of corn starch with 1/4 cup of water, and pinch of salt.

Procedure:

1. Heat oil, stir fry celery. Add seasoning.
2. Add Ginkgo, Gou Gi Zi and corn starch at the end.



Oat Cake

Ingredients:

1 cup dry instant oatmeal, 1/2 cup brown sugar, 1/2 cup lotus root powder, 1 1/2 cup water, 18 pieces unstoned dried red dates, hand full of Raisins



Procedure:

1. Put all ingredients except raisins in Vita-Mix blender. Blend until red dates become unrecognizable and blended in the paste, approximately 20 seconds.
2. Pour the paste into a large bowl. Sprinkle raisins on the paste.
3. Put the bowl in the steamer. Steam for 8 minutes (after the water becomes boiling).

Chinese Herbal Tea

Ingredients:

Same portion of American Ginseng (西洋参), Radix astragali (黄耆), Gou Gi Zi (枸杞子) & Fructus Zizyphi Jujubae (紅棗)

Procedure:

1. Boil water and all ingredients in a stockpot
2. Cover and simmer for 1-2 hours.



Ai Yu Jelly with Lemon Juice 檸檬愛玉

愛玉切成小方塊，加入檸檬汁,Honey 再放碎冰即可。

