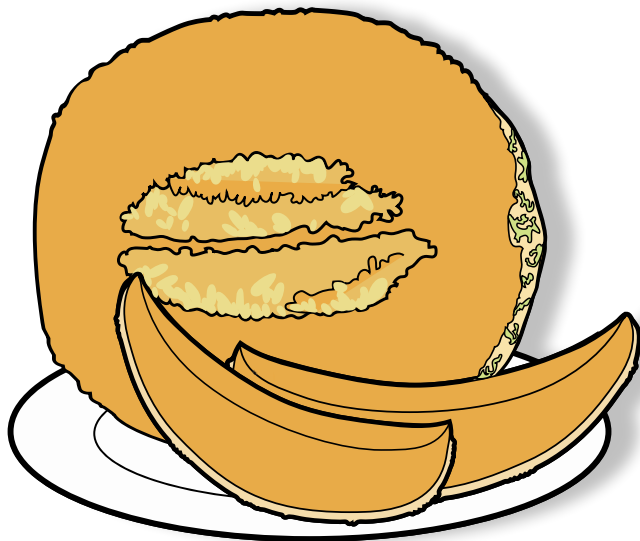


Tasty and Healthy — Heart Healthy Filipino Recipes



Fish Cardillo

This is a delicious, low-cost recipe with low-sodium ingredients.
Keep it low-fat by not adding meat fat (lard) or other fat.

Ingredients

- 1 pound (½ kg) red snapper
- 4 teaspoons corn oil for sauté
- ¼ cup flour
- 1 large onion, sliced
- 3 or 4 medium-sized tomatoes, chopped
- ½ cup egg whites, beaten
- ½ 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 ½ 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.

Nutrition Information

Makes 6 servings

Each serving provides:

Calories: 170

Total Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 45 mg

Sodium: 115 mg

Total Fiber: 3 g

Protein: 20 g

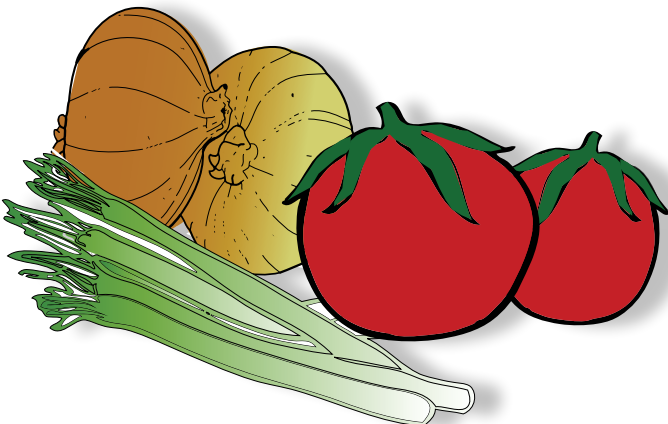
Carbohydrates: 13 g

Potassium: 600 mg

Quick Tip

This recipe is lower in salt and sodium than other Cardillo recipes because it uses:

- Fresh, not canned, tomatoes
- Ground pepper and corn oil with no salt added
- Fresh onion and green onions
- Fresh, not smoked or canned, fish



Source: Philippine Heart Center's Healthy Heart Cookbook.

Adobong Manok (Marinated Chicken)

This low-cost, low-sodium recipe has great flavor that you and your family will love! It uses chicken breast which is lower in fat than other parts of the chicken, like the thigh and leg.

Ingredients

- 1 teaspoon olive oil
- 2 cloves fresh crushed garlic
- 2 medium chopped onions
- 1 pound (½ kg) chicken breasts, no skin
- 2 tablespoons light soy sauce
- ¼ cup vinegar
- 1 teaspoon paprika
- 2 tablespoons ground black pepper
- 1 bay leaf, broken in half
- 1 medium red tomato (*optional*)

Directions

1. Combine olive oil, garlic, and onion in a frying pan. Add chicken and sauté together until chicken has browned.
2. Add light soy sauce, vinegar, paprika, black pepper, and bay leaf. Stir.
3. Bring to a boil. Simmer for 45–60 minutes or until chicken is done.
4. Remove the chicken and save the liquid in the pot. Arrange the chicken on a broiler pan. Broil until the chicken has nicely browned. Remove from the broiler and place it in a serving bowl.
5. Continue to boil the sauce in the uncovered pan until volume is reduced to about half and the sauce is thick.
6. Pour the thickened sauce over broiled *adobong* (chicken) and garnish with red tomatoes, if desired.

Nutrition Information

Makes 4 servings
Serving size: ½ cup

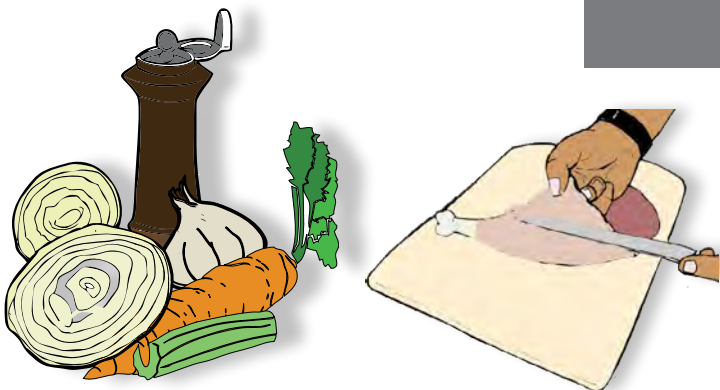
Each serving provides:

Calories: 190
Total Fat: 5 g
Saturated Fat: 1 g
Cholesterol: 70 mg
Sodium: 330 mg
Total Fiber: 2 g
Protein: 26 g
Carbohydrates: 10 g
Potassium: 370 mg

Quick Tip

This recipe is lower in saturated fat and cholesterol because:

- It is made using chicken without the skin and any extra fat is removed.
- Only 1 teaspoon of unsaturated fat (olive oil) is added.
- It is flavored with vegetables and herbs and is boiled and broiled slowly in moist heat instead of fat.



Source: Filipino-American Nutrition and Fitness Teacher's Guide, Kalusugan Community Services, San Diego, CA.

Lumpiang Sariwa (Fresh Lumpia)

You and your family will love this tasty recipe. The ingredients—ground chicken or pork, olive oil, peanuts, and fresh herbs and spices—add flavor. Also, the *lumpiang sariwa* is served fresh so it has fewer calories than fried *lumpiang*.

Ingredients

- ½ cup ground chicken or lean pork
- ½ cup shrimp, cleaned and deveined
- 1 tablespoon olive oil
- 2 cloves chopped garlic
- ½ cup cabbage, julienned
- ½ cup green beans, julienned
- ½ cup carrots, julienned
- ¼ cup celery, julienned
- ¼ cup jicama, julienned (may substitute chestnuts)
- ½ cup chicken broth
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 8 Vietnamese spring-roll wrappers or *lumpia* wrappers
- 8 pieces red leaf lettuce
- ⅓ cup peanuts, dry, roasted, and chopped

Directions

1. Heat oil, and sauté 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.
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 cup broth from the sautéed vegetables
- 1 tablespoon light soy sauce
- 1 tablespoon brown sugar
- 3 cloves garlic, minced
- 1 teaspoon cornstarch
- 2 tablespoons cold water for mixing cornstarch

Directions

1. Mix together vegetable broth, soy sauce, brown sugar, and garlic, and 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 Information

Makes 8 servings

Serving size: 1 lumpia

Each serving provides:

Calories: 160

Total Fat: 4 g

Saturated Fat: 0.5 g

Cholesterol: 55 mg

Sodium: 150 mg

Total Fiber: 2 g

Protein: 10 g

Carbohydrates: 21 g

Potassium: 170 mg

Source: *Mula sa Puso*, Heart Healthy Traditional Filipino Recipes, American Heart Association, 1999.

Pesang Isda (Fish Simmered With Ginger and Tomatoes)

This main dish is heart healthy because the fish is simmered in water, not fried, and no fat is added. Flavoring comes from the herbs and spices instead of sauces that are high in sodium.

Ingredients

- ¼ cup fresh ginger, thinly sliced (about 2 inches long)
- 1 cup ripe tomatoes, chopped
- 1 cup white or yellow onions, thinly sliced
- 4 cups water
- 2 pounds fleshy fish (c fillet, halibut steak, or trout)
- 2 cups *pechay* (bok choy) stems and leaves, cut up separately
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 cup green onions, sliced

Directions

1. In a 4-quart saucepan, simmer sliced ginger, tomatoes, and onions in 4 cups of water over medium heat until onions are tender (about 7 to 8 minutes).
2. Reduce heat to low, add fish and poach gently until almost done (about 3 to 4 minutes).
3. Add *pechay* stems, salt, and ground pepper. Cook for 1 minute; then add *pechay* leaves and green onions. Cook another 30 seconds.
4. Serve immediately.

Nutrition Information

Makes 6 servings

Serving size: 3 ounces lean fish and ½ cup vegetables

Each serving provides:

Calories: 160
Total Fat: 2 g
Saturated Fat: 0.5 g
Cholesterol: 80 mg
Sodium: 340 mg
Total Fiber: 2 g
Protein: 30 g
Carbohydrates: 6 g
Potassium: 630 mg



Source: Filipino American Food Practices, Customs, and Holidays, American Dietetic Association, 1994.

Munggo Guisado (Sautéed Mung Beans)

Your family will love this heart healthy side dish. It is made with vegetables, seafood, lean meat, and a small amount of corn oil. The pork is slowly simmered in moist heat with vegetables and mung beans, creating flavors that will make your taste buds jump for joy!

Ingredients

- 1 tablespoon corn oil
- 2 cloves fresh garlic, crushed (or 1 tablespoon, minced)
- 1 cup white onions, chopped
- 1 cup ripe tomatoes, chopped
- 1 cup (4 ounces) lean pork, thinly sliced
- 4 cups water
- 3½ cups precooked mung beans (from 1¾ cups dry beans)*
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1 cup (4 ounces) shrimp, peeled and deveined
- 1 cup (about ⅔ of a 10-ounce package) leaf spinach, frozen

* To cook dry, uncooked mung beans: Wash and boil the uncooked mung beans in a large saucepan, using 6 cups of water. Cook until tender, about 1½ to 2 hours. Drain.

Directions

1. In a skillet, heat oil, and sauté crushed garlic until lightly brown.
2. Add onion and tomatoes. Sauté until skin begins to curl.
3. Add pork, and sauté until lightly brown.
4. Add water, and simmer pork for about 15 minutes.
5. Add the sautéed mix to mung beans, and continue to simmer 15 minutes.
6. Season with salt and ground pepper.
7. Add peeled shrimp.
8. Add frozen leaf spinach, and cook 4 minutes until done.

Nutrition Information

Makes 8 servings
Serving size: 1 cup

Each serving provides:

Calories: 160
Total Fat: 3.5 g
Saturated Fat: 1 g
Cholesterol: 35 mg
Sodium: 350 mg
Total Fiber: 8 g
Protein: 13 g
Carbohydrates: 19 g
Potassium: 370 mg

Source: Filipino American Food Practices, Customs, and Holidays, American Dietetic Association, 1994.

Ampalaya (Bitter Melon) With Pork

This recipe is lower in fat and sodium than a typical ampalaya dish because it uses lean meat that is sautéed and simmered instead of fried.

Ingredients

- 1 cup onion, chopped
- 6 cloves garlic, crushed
- 1 tablespoon olive oil
- ½ pound (0.2 kg) lean ground pork
- 2 cups *Ampalaya**, sliced
- 2 teaspoons light soy sauce
- ½ teaspoon black pepper

* *Ampalaya* (bitter melon) is a fruit that is oblong, cylindrical, pointed at both ends, ribbed, and wrinkled.

Directions

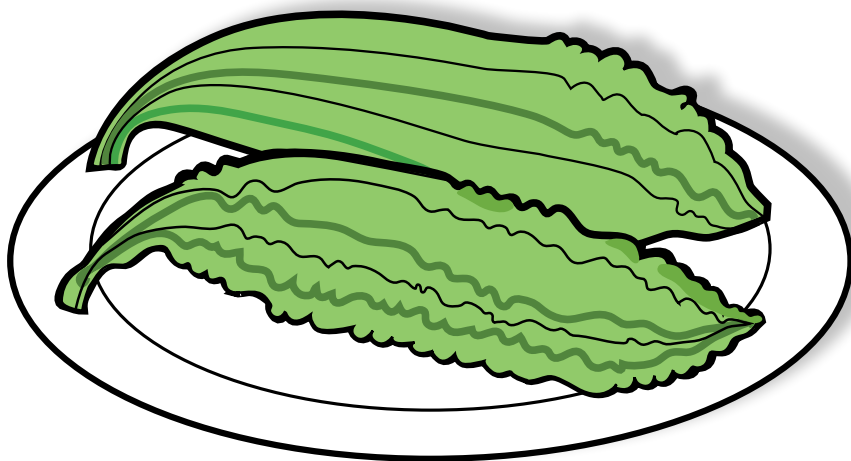
1. Using a large skillet, lightly sauté onions and garlic in hot olive oil.
2. Add the ground pork and cook until almost done.
3. Add the sliced bitter melon.
4. Cover and simmer until bitter melon turns green. Do not overcook.
5. Season with light soy sauce and black pepper.

Nutrition Information

Makes 4 servings
Serving size: 1 cup

Each serving provides:

Calories: 150
Total Fat: 6 g
Saturated Fat: 1.5 g
Cholesterol: 45 mg
Sodium: 200 mg
Total Fiber: 1 g
Protein: 17 g
Carbohydrates: 7 g
Potassium: 600 mg



Source: Adapted from *Mula Sa Puso*, Heart Healthy Traditional Filipino Recipes, American Heart Association, 1999.

Cantaloupe Crush

Try this refreshing, heart healthy drink that uses fresh fruit, fat-free milk, and low amounts of sweetener. Children and adults alike will love it!

Ingredients

- ½ cantaloupe
- 1 cup fat-free milk
- 1½ cups ice
- Sweetener, as needed (about 1 to 2 teaspoons sugar or equivalent of another sweetener)

Directions

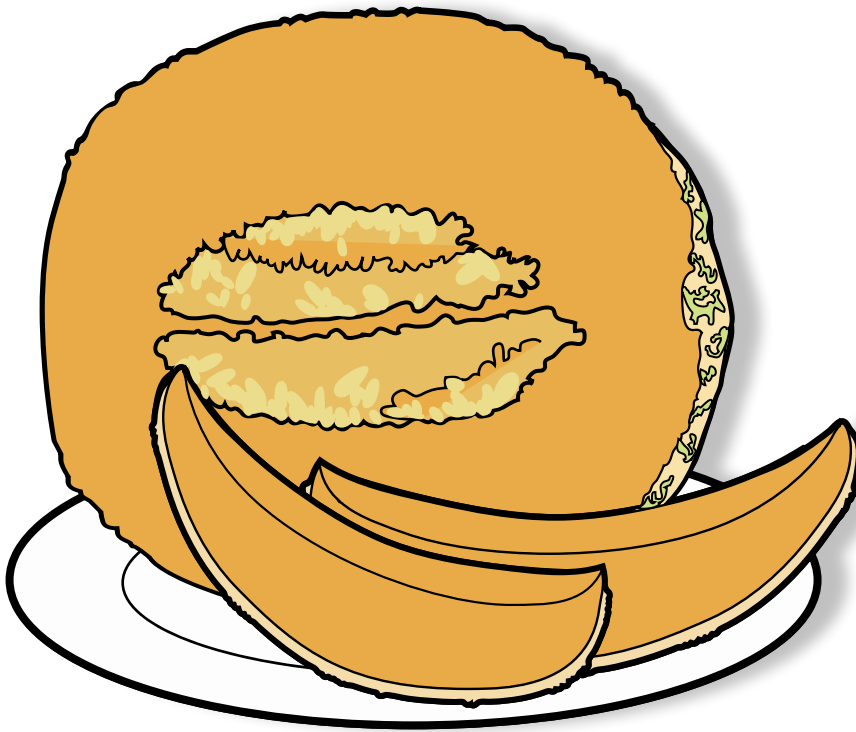
1. Cut cantaloupe into small cubes or thin strips.
2. Mix cantaloupe, milk, and ice in a blender until smooth.
3. Sweeten to taste.

Nutrition Information

Makes 4 servings
Serving size: ½ cup

Each serving provides:

Calories: 50
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 40 mg
Total Fiber: 0 g
Protein: 3 g
Carbohydrates: 10 g
Potassium: 280 mg



Source: Adapted from the National Cancer Institute and IntelliHealth (intelihealth.com), 2013.

Vegetable Kare-Kare (Peanut Stew)

This version of vegetable kare-kare is healthier than the traditional Filipino dish because it has no cholesterol. It uses gluten instead of oxtail or other meat. It is also packed with vegetables and made complete with a nutty, low-sodium sauce.

Ingredients

- 1 ¼ cup gluten or seitan,* cubes
- 2 tablespoons corn oil
- 2 cloves garlic, crushed
- 1 onion, medium, sliced
- ½ cup ground peanuts
- ¼ cup ground toasted rice**
- ¼ teaspoon salt
- 1 cup eggplant, sliced
- ½ cup string beans, sliced
- ⅔ cup banana heart or bud
- ½ cup bok choy (*pechay*), sliced

* Gluten is made from protein that is in a variety of grains, such as wheat and rye, and is mixed and kneaded with water. Seitan is a form of wheat gluten. It is sold as strips or in cans at health food stores and Asian supermarkets.

** To make ground, toasted rice: Place rice, ½ cup at a time, in a frying pan or wok and heat over moderate heat, stirring frequently to keep it from burning and to allow it to develop a uniform, deep golden color—2 to 3 minutes. Then remove it from heat and cool to room temperature. Grind the toasted rice coarsely—not finely ground—in a blender, or spice or coffee grinder.

Nutrition Information

Makes 6 servings

Each serving provides:

Calories: 300

Total Fat: 12 g

Saturated Fat: 1.5 g

Cholesterol: 0 mg

Sodium: 125 mg

Total Fiber: 4 g

Protein: 36 g

Carbohydrates: 20 g

Potassium: 320 mg

Directions

1. Sauté gluten cubes in corn oil. Add garlic and onions.
2. Pour enough water to cover gluten, and add ground peanuts and ground rice to thicken.
3. Season with salt.
4. Add the eggplant, then string beans, then banana, then bok choy (*pechay*) on top of the cooked gluten.



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