



# In the Kitchen

with Barb Agee January 2018

## Bountiful Asian Bowls



**Power Bowls** are a new way to get your nutrition all in one place. One-bowl meals are anything but boring when composed of protein, grains, fruits, vegetables and flavorful sauces and dressing.

### Thai Crunch Bowl

- |   |   |
|---|---|
| 1 1/4 cups tri-colored quinoa, uncooked | 1 cup red cabbage, shredded                         |
| 8 tablespoons matchstick-cut carrots    | 4 tablespoons dry-roasted peanuts, coarsely chopped |
| 8 tablespoons red bell pepper, diced    | 12 ounces broiled salmon, <i>(optional)</i>         |
| 8 tablespoons edamame, steamed          | Sesame Peanut Sauce <i>(see recipe below)</i>       |

Cook quinoa according to package directions. Assemble ingredients in 4 shallot bowls by arranging the first the cooked quinoa, then next to it the carrots, then the bell pepper, followed by the edamame followed by the cabbage. Sprinkle the peanuts over the top. If using the salmon, place it on top of the finished dish. Drizzle Sesame Peanut Sauce *(see recipe below)* over each bowl. *Makes 4 servings*

### Sesame Peanut Sauce

- |                                      |  |
|--------------------------------------|--|
| 2 tablespoons creamy peanut butter   | 1 teaspoon toasted sesame oil            |
| 1 tablespoon soy sauce               | 1 tablespoon freshly squeezed lime juice |
| 1 tablespoon unseasoned rice vinegar |  |

Whisk all ingredients together until smooth.

### Vietnamese Noodle Bowl with Glazed Pork

- |   |   |
|---|---|
| <b>Dressing</b>                                     | 4 boneless pork cutlets or chops (1 pound), pounded to 1/4-inch |
| 1/4 cup + 2 tablespoons fish sauce                  | 3/8 pounds dried rice vermicelli, such as Maifun                |
| 2 tablespoons brown sugar                           | 2 teaspoons vegetable oil                                       |
| 1 teaspoon grated garlic                            | 1 English cucumber, cut into 1/2-inch cubes                     |
| 1/2 cup fresh lime juice                            | 3 carrots, shredded   |
| 1/4 cup granulated sugar                            | 1/2 head green leaf lettuce, thinly sliced                      |
| 1/2 small red chili, finely diced <i>(optional)</i> | 1 cup cilantro, chopped   |
|   | 1 cup mint, chopped   |

In a small bowl, mix 2 tablespoons fish sauce, brown sugar and 2 tablespoons water, stirring until sugar is dissolved. Put the pork in a re-sealable bag, pour in the fish sauce mixture and massage the pork to evenly coat. Let the pork marinate at room temperature for an hour or refrigerate overnight.

Add the vermicelli to a large bowl of cold water; soak for 25 minutes or according to package instructions. Drain, rinse under cold water, drain again. Meanwhile in a small jar shake the lime juice, remaining 1/4 cup fish sauce, granulated sugar and red chili, if using, to make the dressing. In a large, heavy skillet, heat the oil over high heat until smoking. Add the pork, reserving the marinade. Cook, turning once, until the meat is golden brown, 2 to 3 minutes. Pour the marinade into the skillet and cook, turning the pork once, until the marinade is thickened and turned to a glaze on the pork, about 30 seconds. Transfer pork to a cutting board, let rest loosely covered for 5 minutes. Thinly slice against the grain.

Divide the noodles among 4 shallow bowls. Arrange the pork, cucumbers, carrots, lettuce, cilantro and mint on top. Pour on the Dressing before serving. *Makes 4 servings*

## Shrimp Thai Bowl

|                                      |  |
|--------------------------------------|--|
| ¼ cup unseasoned rice vinegar        | 12 ounces dried flat rice noodles                                |
| ¼ cup fish sauce                     | 4 eggs   |
| ¼ cup brown sugar                    | 2 cups bean sprouts  |
| 2 teaspoons ketchup                  | 1 bunch scallions  |
| 2 teaspoons Worcestershire sauce     | ¾ cup unsalted roasted peanuts, coarsely chopped                 |
| 3 tablespoons vegetable oil, divided | ½ cup cilantro leaves, chopped                                   |
| 16 large shrimp, peeled and deveined | Sriracha, sweet chili sauce, soy sauce and lime wedges, to serve |

Cut the scallions with the green part cut thinly on the diagonally, save white part for another use. Place noodles in a large bowl, pour boiling water over them. Let them set according to the package instructions, about 20 to 25 minutes. Rinse in cold water and drain well. Set aside.

Meanwhile, in a bowl, mix together the vinegar, fish sauce, brown sugar, ketchup and Worcestershire sauce until the sugar dissolves.

In a large nonstick skillet, heat 1 tablespoon oil over high heat until shimmering. Add the shrimp and cook, turning once, until just cooked through, 2 to 3 minutes. Transfer shrimp to a plate, reserve the skillet for later use.

Add the remaining 2 tablespoons of oil to the reserved skillet and heat over medium heat until shimmering. Add each egg to hot oil and cook until the whites are browned slightly at the edges. Flip the eggs and break into small pieces. Add the noodles and one-half of the fish sauce mixture, toss to combine. Cook until the noodles have absorbed the sauce. In a separate skillet over medium heat, mix in the shrimp and remaining fish sauce mixture, heat for 1 to 2 minutes.

Divide the noodles in 4 shallow bowls. On one side of the bowls, place the shrimp. On another area in the bowls, arrange the bean sprouts, scallion greens and peanuts. Top each bowl with chopped cilantro. Serve with Sriracha, sweet chili sauce or soy sauce and lime wedges. *Makes 4 servings*

---

## Orange-Almond Chicken and Cabbage Bowls

|                                       |  |
|---------------------------------------|--|
| 2 navel oranges                       | 8 to 10 ounces boneless skinless roasted chicken breast,* shredded |
| 2 cups green cabbage, shredded        | 4 green onions, thinly diagonally sliced                           |
| 1 cup red cabbage, shredded           | ½ cup sliced almonds, toasted                                      |
| 1 cup carrots, shredded               | Sesame-Ginger Salad Dressing ( <i>see recipe below</i> ) **        |
| 1 cup curly green kale, thinly sliced |  |

Peel and section the oranges over a bowl; reserve the sections. Squeeze the membranes over the bowl, reserving the juice for the salad dressing. In a medium-sized bowl, toss together green cabbage, red cabbage, carrots and kale. In 4 shallow bowls, divide the cabbage mixture in one-half of each bowl. Arrange chicken in one-fourth of each bowl and orange sections in the other one-fourth of the bowl. Sprinkle almonds next to the orange sections and the green onions between the almonds and chicken. Drizzle Sesame-Ginger Salad Dressing (*see recipe below*) evenly over each serving. *Makes 4 servings*

\* May use rotisserie chicken breast; \*\* May use bottled dressing such as Newman's Own Sesame Ginger dressing

### Sesame-Ginger Dressing

|                               |                                  |
|-------------------------------|----------------------------------|
| ½ cup vegetable oil           | 3 tablespoons honey              |
| ¼ cup unseasoned rice vinegar | 1 tablespoon tahini              |
| 2 tablespoons soy sauce       | 2 tablespoons fresh orange juice |
| 3 large cloves garlic         | 1 teaspoon toasted sesame oil    |
| 2-inches fresh ginger         |                                  |

Peel the garlic and ginger. Grate the ginger across a small holed grater over the blender. The garlic goes in the blender whole. Add all of the rest of the ingredients to the blender. Blend the mixture until smooth. Taste and adjust the salt by adding a small amount more soy sauce in needed. Keep refrigerated for up to a week.

