

CULTURALLY RELEVANT HEALTHY MEALS: VIETNAMESE

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**“FOOD IS OUR MOST
COMMON GROUND, A
UNIVERSAL
EXPERIENCE.”**

**–JAMES BEARD
(1903)**

MENU



Vietnamese Mango & Chicken Salad

Yield: 2 servings Prep time: 10 mins Total time: 20 mins

Ingredients

light brown sugar 1 tablespoon

fish sauce 1 tablespoon

minced garlic 1 tablespoon

thinly sliced napa cabbage 2 cups

lime juice 3 tablespoons

mango, chopped 1

canola oil 1 tablespoon

grated carrot ½ cup

scallions, sliced 2

chopped fresh mint ½ cup

shredded cooked chicken 1 cup

thinly sliced red cabbage 2 cups

Directions

Combine lime juice, oil, brown sugar, fish sauce and garlic in a large bowl. Add chicken, stir to coat and allow to marinate for 5 minutes. Add napa and red cabbage, mango, carrot, mint, scallions and pepper to the chicken; toss to combine.

Special Diet Information

Gluten free & Low Calorie.

MENU



Vietnamese healthy spring rolls with peanut butter sauce

Yield: 4 servings Prep time: 15 mins Total time: 30 mins

Ingredients

large shrimps deveined 10-12	iceberg lettuce
cucumber julienned 1	coriander 1 cup
small carrots julienned 2-3	fresh mint leaves ½ cup
buckwheat noodles 3 oz	avocado oil 1 tsp
soy sauce 1 tsp	rice paper wraps
salt 1 pinch	

DIPPING SAUCE:

peanut butter (plain) ¼ cup	chili garlic paste 1 tbsp	
soy sauce 1-2 tbsp	corn starch 1 tsp	1 cup water 1 cup

Directions

[Heat oil in a medium skillet on medium heat. Add shrimp, 1 tsp soy sauce and salt if necessary. Sauté the shrimps for about 2-3 min or until well done. Let it cool for about 5 min.

Meanwhile cook noodles according to the package instructions. Once cooked, drain and rinse with cold water to avoid further cooking.

Combine all ingredients listed under 'DIPPING' into a small saucepan. Cook the mixture on medium heat for about 3-5 min or until corn starch is cooked.

Cut cooked shrimp into half lengthwise.

Take very warm water in a large skillet or large plate. Dip rice paper wrap in the water for 10-15 sec and then spread it carefully on a slightly wet cutting board.

Now put lettuce, some noodles, 2-3 carrot juliennes, 2-3 cucumber juliennes, some cilantro leaves, 3-4 mint leaves on one side of the wet wrap. Also layer 2-3 shrimp halves ahead of veggies leaving some gap in between. Gently fold the rice paper wrap from noodle and veggie side once. Then tuck in the side edges of the wrap and continue to fold over the shrimp and roll until seam is sealed. Repeat this step for each roll.

Enjoy these fresh healthy spring rolls with prepared peanut butter dipping.]

Special Diet Information

Low sodium, Diabetic friendly.

MENU

References

Vietnamese Mango & Chicken Salad Recipe. (n.d.). Retrieved from <http://www.eatingwell.com/recipe/250801/vietnamese-mango-chicken-salad/>

Watch What U Eat. (2018, August 3). Vietnamese healthy spring rolls with peanut butter sauce Retrieved from <https://www.watchwhatueat.com/vietnamese-healthy-spring-rolls/>