

ASIAN KITCHEN

Text and
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Those low-carb restaurant foods you love are a snap to make at home... a little seaweed, some shrimp and you're ready to rock and roll!

Vietnamese Fresh Spring Rolls (Goi Cuon)

MAKES 4 SERVINGS



- 4 ounces dried rice vermicelli
- 3 ounces pork tenderloin sliced thin
- 8 small medium shrimp, deveined, cooked
- 8 round rice papers (about 8 inches in diameter)
- 1 head green leaflet lettuce (leaves separated and washed)
- 1/2 cucumber sliced thin

Peanut Dipping Sauce
 1/2 tsp oil
 1 Tbsp Hoisin Sauce
 1 Tbsp Peanut Butter

- 1 clove garlic chopped
- 1/4 cup chicken broth
- 2 tspi chopped peanuts

- 1** Soak rice vermicelli in lukewarm water until softened. Drain water and place in sieve.
- 2** Boil a large pot of water. Using a sieve, cook the rice vermicelli for 5-10 minutes. Transfer to a bowl to cool. Make 8 portions.
- 3** In same pot, cook the slices of pork tenderloin (3-5 minutes till not pink). Remove and let cool.
- 4** In same pot, cook the shrimp.
- 5** Put about 1 inch lukewarm water in a square or rectangular dish. Dip one sheet of dried rice paper in the water, place on plate or cutting board. The paper will soften.

- 6** Fill at the bottom of the rice paper with a layer of lettuce, cucumber, rice vermicelli noodles, pork, and shrimp. Fold the sides over on edges, and then roll up.

Serve with Peanut Dipping Sauce
 - Put oil in sauce pan.
 - Lightly sauté garlic. Add peanut butter and hoisin sauce and stir to thin.
 Add chicken broth and let sauce reduce.
 - Garnish with crushed peanuts.

175 calories, 2 grams fat, 31 grams carbohydrate, 8 grams protein
 Loaded with nutrients from the sea, this Asian side dish can surprise with flavor.



Seaweed Salad with Vinaigrette

MAKES 2 SERVINGS

1/2 cucumber sliced thinly
 1/3 cup of dried **Wakame*** seaweed
 1/4 cup sliced octopus in squid
 1 tsp of sesame to garnish

Vinaigrette

- 2 Tbsp rice vinegar*
 - 1 Tbsp sugar
 - 1 Tbsp oil
 - 2 Tbsp stock or broth

*available at any Asian grocery stores
 or gourmet food shops

1 To make vinaigrette, stir in vinegar, sugar and salt into hot broth. Place aside and let it chill in the refrigerator.

2 Put the dried wakame seaweed in warm water. The seaweed will double in size.

3 Drain and rinse with cold water. Placing wakame on paper towels helps extract the extra moisture from the seaweed.

4 In a bowl, mix seaweed, sliced cucumber, and sliced octopus together. Drizzle vinaigrette on top. Stir again. Serve cold and garnish with sesame seeds.

100 calories, 0.5 grams fat,
 25 grams carbohydrate,
 9 grams protein

