

The Filipino Heart Community Council
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Your contributions will support research and educational programs that help reduce disability and death from America's No. 1 killer.

Developed by
The Filipino Community Heart Council



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Mula Sa Puso



Heart Healthy Traditional Filipino Recipes

Introduction

This recipe booklet has been especially developed for those who enjoy Filipino cuisine. Food choices have long been identified as a contributing factor to cardiovascular disease. Many of our favorite Filipino dishes have certain ingredients which can increase these risks. Some of the recipes included in this booklet have high fat content levels, but we eat these foods occasionally during special holidays.

Reducing your “controllable” risk factors, those you can change, treat or modify may prevent a heart attack or stroke in the future.

Better food habits can help you reduce one of the major risk factors for heart attack, high blood cholesterol, which will indirectly help reduce your risk of stroke.

The American Heart Association’s dietary guidelines:

- ♥ Total fat intake should be no more than 30% of daily calories.
- ♥ Saturated fatty acid intake should be less than 10% of calories.
- ♥ Polyunsaturated fatty acid intake should be no more than 10% of calories.
- ♥ Monounsaturated fatty acids make up the rest of total fat intake, about 10 to 15% of total calories.
- ♥ Cholesterol intake should be less than 300 milligrams per day.
- ♥ Sodium intake should be less than 2400 milligrams per day (about 1-1/4 teaspoons of salt)
- ♥ Total calories should be adjusted to achieve and maintain a healthy weight. .

Glossary

OMEGA-3-FATTY ACIDS:

These are a certain type of polyunsaturated fat found primarily in fish and seafood and may reduce the risk of heart disease.

POLYUNSATURATED FAT:

These fats are usually liquid oils at room temperature and are usually of vegetable origin. Polyunsaturated fats tend to lower blood cholesterol levels. Examples of this type of fat are corn oil, safflower oil and soybean oil.

SATURATED FAT:

These fats are usually solid at room temperature and are usually of animal origin. Vegetable sources of saturated fat are hydrogenated vegetable oils, palm oil, palm kernel oil, cocoa butter and coconut oil. Dietary saturated fats raise blood cholesterol levels because the liver converts saturated fat into cholesterol.

SODIUM:

Sodium makes up 40% of table salt (sodium chloride), it is a mineral required in small amounts to maintain proper body function. Excessive amounts may contribute to high blood pressure.

The glossary was developed by the Nutrition Committee of the San Francisco Division.

Glossary

ANTI-OXIDANTS AND PHYTOCHEMICALS:

These substances found in fruits, vegetables and whole grains may reduce the risk of heart disease. Examples of food with antioxidants are: carrots, broccoli, oranges and tomatoes.

CHOLESTEROL (in food):

A fat-like material found only in foods from animal sources. Our bodies manufacture all the cholesterol needed.

FIBER:

Diets high in fiber-rich foods, such as oats, barley, fruits and vegetables may reduce the risk for heart disease.

HYDROGENATED, AND PARTIALLY HYDROGENATED (TRANS) FATS:

The process of hydrogenation or hardening changes liquid polyunsaturated fats to solid or saturated fats. The more saturated or hydrogenated a fat is, the more likely it is to raise blood cholesterol levels. These fats are found in many processed foods such as margarine, baked goods, French fried and snack food. Read labels carefully.

MONOUSATURATED FAT:

These types of fats tend to lower blood cholesterol levels. Examples of this type of fat are olive oil, canola oil and peanut oil.

Tips

1. Eating uses all the senses of **vision** (presentation, color and quantity), **smell** (aroma, fishy, burnt, minty), **taste** (sweet, sour, salty, bitter), **texture** (soft, crisp, tough).
2. Cut meat and vegetables in small pieces for quicker cooking
3. Trim all visible fat or skin — if you don't cook it, you don't eat it.
4. Use a small amount of olive oil for sautéing or braising.
5. Incorporating vegetables into meat dishes whenever possible.
6. Use measuring spoons or cups, do not guess.
7. For ease in allowing individual portions or servings, use how many pieces instead of weight measurement, 4 pieces of chicken thighs rather than 1 pound.
8. To avoid leftovers that stay in the refrigerator for days, cook only for the number of people eating, not the entire neighborhood.
9. Resist adding extra fish or soy sauce at the table.
10. Garnish the food before serving.
11. Recipes are based on Filipino traditional cooking. There will be a slight variation in taste because of lower fat and salt content.
12. Make your own low fat & low sodium chicken or vegetable stock by boiling chicken bones or vegetables with water in a large stockpot. Discard bones or vegetables and place stock in a large bowl and then refrigerate overnight. The next day, discard all the fat off the top and place stock in plastic containers and freeze.

Appetizers, Soups and Salads

Sweet Corn and Shrimp Soup

1 1/2 c.	Frozen or fresh corn kernels
1/2 lb.	Shrimp, cleaned and deveined
1 small	Red bell pepper, julienned
2 c.	Chicken or vegetable stock
1 Tbsp.	Fish sauce
1 slice	Fresh ginger root
1 clove	Garlic, finely chopped
1/4 tsp.	Salt
1/8 tsp.	Pepper
1 tsp.	Olive oil

Heat oil and sauté garlic, add the shrimp and the bell pepper. Add the corn, then the broth. Season with the fish sauce, salt pepper and add the ginger. Bring to a boil. You can add mushrooms and spinach for flavor and color.

Serves 4



Single Serving Nutrient Values

Calories	129.2 kc
% calories from fat	21
Protein	12.60 gm
Carbohydrate	14.27 gm
Cholesterol	86.67 mg
Sodium	348.1 mg
Total Fat	3.229 gm
Saturated	0.825 gm
Polyunsaturated	0.459 gm
Monounsaturated	0.998 gm

Bake 20 to 25 minutes or until cake is springy when gently pressed in the center, or a toothpick inserted into the center of the cake comes out clean.

Meanwhile, blend topping ingredients together. Sprinkle one-half of toppings on one layer. Stack second layer on top and sprinkle with rest of topping.

***Do not use vegetable oil spray near an open flame or heat source. Read and follow directions on can before using.**

Serves 8

Single Serving Nutrient Values

Calories	421.8 kc
% calories from fat	19
Protein	11.68 gm
Carbohydrate	73.66 gm
Cholesterol	6.003 mg
Sodium	267.0 mg
Total Fat	9.092 gm
Saturated	2.266 gm
Polyunsaturated	0.960 gm
Monounsaturated	5.042 gm

©1992, American Heart Association. Adapted from a recipe in the Tacoma-Pierce County (Washington) Health Departments Ethnic Heart Project, a program supported by a grant from the American Heart Association.

Bibingka

(Sweet Rice Flour Cake)

CAKE:

Vegetable oil spray*
3 1/2 c. Sweet rice flour
1 Tbsp. Baking Powder
1 c. Granulated sugar
3 1/2 Tbsps. Olive oil
1 Tbsp. Vanilla
Egg substitute to equal 3 whole eggs
3 1/2 c. 1% or skim milk

TOPPING:

3 Tbsps. Grated low-fat cheese
1 1/2 Tbsps. Granulated white sugar
2 Tbsps. Shredded coconut or frozen grated coconut

Preheat oven to 325 degrees. Coat two 9-inch baking pans with vegetable oil spray. Sift rice flour, baking powder and sugar into a large bowl. Stir in oil, vanilla, egg substitute and milk until just moistened.

With an electric beater at medium speed, beat until batter is smooth. Divide evenly between pans.



Shrimp with Coconut Soup

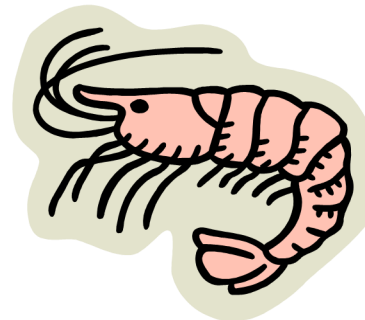
4 large Shrimp, cleaned and deveined
1 c. Spinach or Kangkong
1/2 c. Diced tomatoes
1/4 c. Diced onions
2 c. Chicken stock
1/2 c. Coconut milk
3 pieces Chili (sweet pepper or jalapeno)
1/8 c. Fish sauce
1/4 c. Lemon juice

In a pot, sauté onion and tomato until slightly tender. Add chicken stock. Bring to a boil. Add coconut milk and fish sauce. Turn the temperature down to low. Add shrimp, vegetables, chili and lemon juice. Simmer for 3 to 4 minutes. Do not cover. Serve hot.

Serves 4

Single Serving Nutrient Values

Calories	46.62
% calories from fat	29
Protein	3.449 gm
Carbohydrate	3.560 gm
Cholesterol	10.70 mg
Sodium	275.9 mg
Total Fat	1.624 gm
Saturated	0.547 gm
Polyunsaturated	0.112 gm
Monounsaturated	0.030 gm



Arroz Caldo

1 clove	Garlic, minced
1 Tbsp.	Fresh ground ginger
1 tsp.	Olive oil
2 pieces	Chicken drumsticks, de-boned & Skinless
1 c.	Day old cooked rice
2 c.	Chicken stock
1 tsp.	Fish sauce
	Dash of fresh ground pepper
1 stalk	Green onions
	Saffron

Sauté garlic and ginger in hot olive oil. Add the chicken then the rice. Pour in the chicken stock. Bring to a boil. Season with fish sauce and ground pepper. Serve hot with green onions and saffron.

Variation: for thicker soup, use 1/2 cup raw rice instead of cooked rice.

Serves 3

Single Serving Nutrient Values

Calories	178.1 kc
% calories from fat	26
Protein	11.51 gm
Carbohydrate	20.58 gm
Cholesterol	27.27 mg
Sodium	205.8 mg
Total Fat	5.112 gm
Saturated	1.377 gm
Polyunsaturated	0.592 gm
Monounsaturated	1.714 gm

Low Fat Leche Flan

1/3 c.	Sugar for caramel
2 c.	Egg substitute
1 c.	2 % low fat milk
1/2 c.	Sugar
1 tsp.	Vanilla
1 sprig	Mint leaves, finely chopped

Caramelize sugar in a non stick pan. Pour into small baking pan. Cool and set aside. In a double boiler, cook the egg substitute, low fat milk and sugar. Add vanilla and finely chopped mint leaves. Stir constantly until it thickens a bit. This process takes about 5-10 minutes on low to medium heat. Preheat oven to 350 degrees. Pour liquid ingredients in the baking pan. Cover with foil. Cook in Mary's bath for 20 to 25 minutes, until it solidifies.

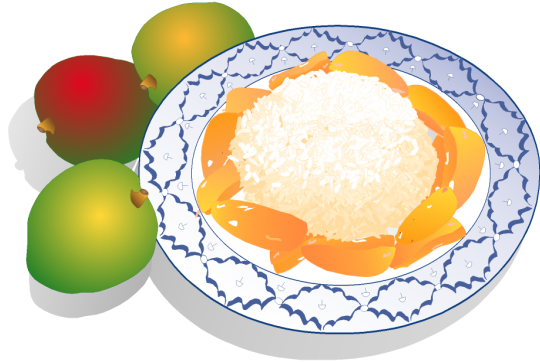
Serves 4

Single Serving Nutrient Values

Calories	300.4 kc
% calories from fat	16
Protein	17.09 gm
Carbohydrate	45.64 gm
Cholesterol	5.830 mg
Sodium	253.0 mg
Total Fat	5.331 gm
Saturated	1.555 gm
Polyunsaturated	2.053 gm
Monounsaturated	1.463 gm



Desserts



Gulaman

- 2 c. Gulaman (1 gleeman and 2 cups of water)
- 1/3 c. Sugar
- 1 Banana, sliced
- 4 Slices of ripe mango or any canned fruit (water packed)
- 5 1/2 c. Low fat milk

Boil Gulaman mixture with sugar. Remove from heat, pass through a sieve. Add milk and pour 1 cup of the mixture into a mold. Place in refrigerator to gel. When partially gelatinized arrange fruits in mold and pour in remaining Gulaman mixture. Return to refrigerator until firm.

Serves 6

Single Serving Nutrient Values

Calories	100.6 kc
% calories from fat	3
Protein	1.172 gm
Carbohydrate	23.91 gm
Cholesterol	0.813 mg
Sodium	15.94 mg
Total Fat	0.384 gm
Saturated	0.192 gm
Polyunsaturated	0.042 gm
Monounsaturated	0.106 gm

Sinigang na Manok with Vegetables

- 2 clove Garlic, chopped
- 1/2 c. Diced onions
- 2 Tbsps. Fresh ground ginger
- 1 1/2 tsps. Olive oil
- 8 small Chicken pieces with bones (backs and ribs), skinless
- 2 c. Chicken stock
- 2 medium Tomatoes, diced
- 2 Carrots, sliced
- 2 Daikon radishes, sliced
- 2 Sweet peppers, sliced
- 1 c. Kangkong or spinach
- 1 Tbsp. Fish sauce
- Basil of Mint (optional)

Sauté garlic, onions and ginger in hot olive oil. Add the chicken braising until the meat turns slightly white. Pour in the stock, bring to a boil. Add the vegetables and turn the heat down to a simmer. Season with fish sauce. Add basil or mint before serving (optional)

Serves 4

Single Serving Nutrient Values

Calories	478.8 kc
% calories from fat	47
Protein	48.71 gm
Carbohydrate	14.56 gm
Cholesterol	144.0 mg
Sodium	434.4 mg
Total Fat	24.65 gm
Saturated	6.628 gm
Polyunsaturated	5.276 gm

Stuffed Cucumbers

2 large	Cucumbers
1 large	Carrot, minced
2 stalks	Green onion, minced
1 sprig	Mint leaf, minced
4 pieces	Prawns, cleaned and deveined (or Grilled chicken or pork)
1 tsp.	Fish sauce
1 tsp.	Lemon juice



Grill prawns (chicken breast or pork tenderloin—sliced thinly) or broil for 5-7 minutes. Chop into fine pieces. Set aside. Combine the shrimp with the carrots, green onions and mint in a bowl. Add fish sauce and lemon juice. Slice cucumber across about 3/4 inch to form little cups. Scoop out a portion of the cucumber to form a little well. Spoon the filling into the cucumber. Serve cold.

Optional: Serve with sweet chili sauce.

Serves 6

Single Serving Nutrient Values

Calories	24.16 kc
% calories from fat	7
Protein	1.688 gm
Carbohydrate	4.438 gm
Cholesterol	7.133 mg
Sodium	89.87 mg
Total Fat	0.219 gm
Saturated	0.049 gm
Polyunsaturated	0.081 gm
Monounsaturated	0.012 gm

Adobong Kangkong

1 c.	Kangkong or spinach
2 cloves	Garlic, chopped
1 1/2 tsps.	Olive oil
1 1/2 tsps.	Soy sauce
1 Tbsp.	Vinegar
1 tsp.	Sugar
1/8 tsp.	Fresh ground pepper
1	Bay leaf

Sauté garlic in hot olive oil. Add the kangkong. Season with soy sauce and vinegar. Add fresh ground pepper and sugar. Lastly, add the bay leaf.

Serves 2

Single Serving Nutrient Values

Calories	52.97 kc
% calories from fat	55
Protein	1.266 gm
Carbohydrate	5.114 gm
Cholesterol	0.000 mg
Sodium	280.1 mg
Total Fat	3.504 gm
Saturated	0.478 gm
Polyunsaturated	0.336 gm
Monounsaturated	2.495 gm



Pinakbet

1/4 lb.	Bitter melons whole, halved or quartered, depending on size
1/4 lb.	Japanese eggplants, whole, halved or quartered, depending on size
1/4 lb.	Okra, trimmed
1/4 lb.	String beans, trimmed and cut in 2 inch lengths
1/4 c.	Onion, sliced
1/2 c.	Sautéed lean pork slices
1 c.	Tomatoes (cherry tomatoes, preferred) coarsely chopped
1 Tbsp.	Fish sauce
1/4 c.	Water

Layer ingredients in a pot (allow space for turning). Cover and boil a few minutes to wilt vegetables, then too vegetables.

Reduce heat to lower and simmer partially covered. Toss occasionally top rotate vegetables or stir gently to retain individual identities of the vegetables. Cook to desired doneness.

Serves 8

Single Serving Nutrient Values

Calories	55.82 kc
% calories from fat	34
Protein	5.133 gm
Carbohydrate	4.306 gm
Cholesterol	11.62 mg
Sodium	143.7 mg
Total Fat	2.151 gm
Saturated	0.733 gm
Polyunsaturated	0.240 gm
Monounsaturated	0.906 gm

Fresh Lumpia

2 c.	Cabbage, green beans, jicama (large water chestnut), carrots, julienned
1/2 c.	Ground chicken or lean pork
1/2 c.	Shrimp, cleaned and deveined
1/2 c.	Chicken broth
8 pieces	Red leaf lettuce
	Vietnamese spring roll wrappers or Lumpia wrappers
2 cloves	Garlic, chopped
1/4 tsp.	Salt
1/4 tsp.	Pepper
1/8 c.	Dry roasted peanuts, chopped
1 Tbsp.	Olive oil

Heat oil and stir fry ground meat with the shrimp and garlic. Add vegetables until slightly crisp then pour in the chicken broth until cooked. Season with salt and pepper. Set aside and drain in a colander. Save the broth for the lumpia sauce.

Soak the Vietnamese spring roll wrapper one at a time in water until soft and transparent. Dry immediately with a paper towel. Lay the lettuce over the wrapper. Spoon 2 tablespoons of the mixture on the wrapper. Fold in one side. Roll tightly. Serve with sauce on top. Sprinkle with chopped peanuts.

Serves 8



Single Serving Nutrient Values

Calories	96.18 kc
% calories from fat	35
Protein	7.394 gm
Carbohydrate	8.462 gm
Cholesterol	32.61 mg
Sodium	183.9 mg
Total Fat	3.747 gm
Saturated	0.615 gm
Polyunsaturated	0.787 gm
Monounsaturated	2.034 gm

Lumpia Sauce

1 c.	Broth from the sautéed vegetables
1 Tbsp.	Soy sauce
1 Tbsp.	Brown sugar
3 cloves	Garlic, minced
1 tsp.	Cornstarch
2 Tbsps.	Cold water for mixing cornstarch

Mix first 4 ingredients and bring to a boil. Mix the cornstarch in 2 tablespoons of cold water. Slowly add the cornstarch mixture into the broth, stir until sauce thickens.

Serves 8

Single Serving Nutrient Values

Calories	15.60 kc
% calories from fat	0
Protein	0.314 gm
Carbohydrate	3.665 gm
Cholesterol	0.000 mg
Sodium	141.4 mg
Total Fat	0.008 gm
Saturated	0.001 gm
Polyunsaturated	0.003 gm
Monounsaturated	0.000 gm



Dineg-Deng (Bulanglang)

2 c.	Green beans, cut in 1-1/2 inch long pieces (long beans can be substituted)
2 small	Chayotes, peeled and cut in 1 inch squares (squash can be substituted)
1 bunch	Any leafy vegetables such as chayote leaves or string bean leaves
1/2 bunch	Okra leaves (saluyot in Ilocano) or okra
1 large	Tomato, diced
1 stalk	Green onion, sliced
3 c.	Water
1/2 tsp.	Salt (fish sauce or patis can be substituted)
1	Broiled fish (left over fish from previous meal can be used)

In a pot, put the water, tomatoes, and onions and bring to a boil. Add the salt, the broiled fish and boil the mixture for about 2 minutes. Remove fish and set aside. Add the green beans, chayote and cover and let boil for about 2 minutes. Add the leafy vegetables and the fish on top and continue to boil until leafy vegetables are cooked.

Note: Eggplant can also be added. Be creative, use any summer vegetables or calabasa melon.

Serves 4

Single Serving Nutrient Values

Calories	262.6 kc
% calories from fat	34
Protein	32.74 gm
Carbohydrate	10.27 gm
Cholesterol	75.87 mg
Sodium	452.8 mg
Total Fat	10.19 gm
Saturated	2.572 gm
Polyunsaturated	2.795 gm
Monounsaturated	3.772 gm

Bittermelon with Pork

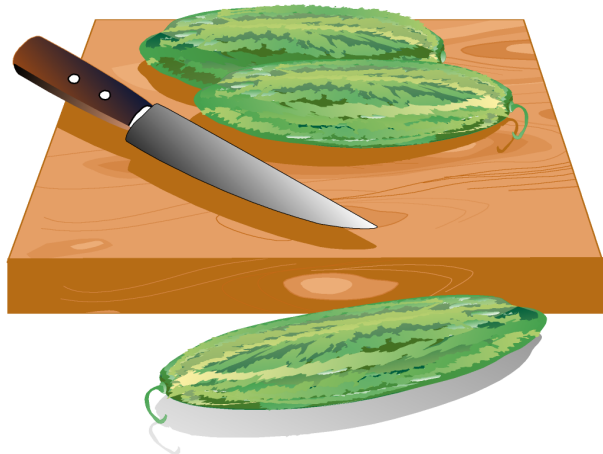
1 1/2 tsps.	Olive oil
1/4 lb.	Lean ground pork
3 cloves	Garlic, minced
1/2	Onion
1 c.	Bittermelon, sliced
1 tsp.	Soy sauce
1/4 tsp.	Black pepper

Sauté the garlic and onion in hot olive oil. Add the ground pork and cook until almost done, then add the bittermelon. Cover and cook bittermelon until it turns green, do not over cook. Season with soy sauce and black pepper.

Serves 2

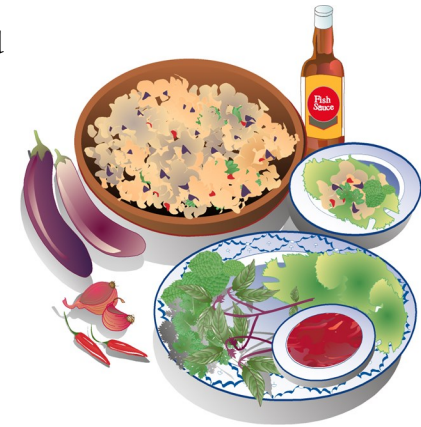
Single Serving Nutrient Values

Calories	153.5 kc
% calories from fat	37
Protein	17.24 gm
Carbohydrate	6.855 gm
Cholesterol	44.72 mg
Sodium	351.9 mg
Total Fat	6.297 gm
Saturated	1.435 gm
Polyunsaturated	0.576 gm
Monounsaturated	3.597 gm



Grilled Eggplant Salad with Prawns

3	Japanese eggplants
10 large	Prawns, cleaned and deveined
1 small	Red onion, chopped
1 Tbsp.	Fish sauce
1 Tbsp.	Rice wine vinegar
2 sprigs	Basil or mint
1/4 c.	Raw rice
1/4 c.	Tomatoes, chopped
1	Fresh lime
1 tsp.	Olive oil



Brown rice in frying pan until golden brown. Grind rice and set aside for garnish. Heat oil and brown the prawns in a very hot pan for a short time, do not overcook the prawns. Grill or broil eggplants after poking it with the tip of the knife (to prevent exploding). When tender, remove from the heat, peel and arrange in a large platter. Lay the prawns, onions, tomatoes and basil on top.

Pour the fish sauce and vinegar over the salad and sprinkle with the ground rice. Squeeze a fresh lime over the top and serve.

Serves 6

Single Serving Nutrient Values

Calories	43.37 kc
% calories from fat	20
Protein	2.763 gm
Carbohydrate	6.106 gm
Cholesterol	17.83 mg
Sodium	196.5 mg
Total Fat	0.9666 gm
Saturated	0.143 gm
Polyunsaturated	0.131 gm
Monounsaturated	0.582 gm

Sotanghon and Chicken Salad

1 c.	Sotanghon
1 piece	Chicken breast, boneless, skinless and finely chopped
4 pieces	Red leaf lettuce
1 tsp.	Fish sauce
1 tsp.	Lemon juice
1 Tbsp.	Raw rice
1 sprig	Basil or mint
A dash	Pepper flakes
2 cloves	Garlic, chopped
1 tsp.	Olive oil

Boil sotanghon and cut to a shorter length. Set aside. Brown rice in a frying pan until golden brown. Brown rice and set aside for garnish. Heat oil and sauté chicken in garlic, pepper flakes with the basil or mint. Mix with the sotanghon, add the fish sauce and lemon juice. Arrange the lettuce on a large salad plate and pour the sotanghon and chicken on top. Sprinkle the ground rice on top before serving.

Serves 4

Single Serving Nutrient Values

Calories	332.4 kc
% calories from fat	15
Protein	19.38 gm
Carbohydrate	44.11 gm
Cholesterol	41.79 mg
Sodium	151.6 mg
Total Fat	5.230 gm
Saturated	0.1264 gm
Polyunsaturated	0.978 gm
Monounsaturated	2.343 gm



Vegetables

Stir Fried Spring Vegetables

1 c.	Any green leaf vegetables
1 clove	Garlic, chopped
1/4 c.	Onions, chopped
1 Tbsp.	Olive oil
1/8 c.	Chicken stock
1 tsp.	Sugar
1 Tbsp.	Soy sauce

Heat oil and sauté garlic and onions in a very hot pan. Add vegetables, stirring constantly. When vegetables turn dark green and crisp, add the stock and seasonings. Cooking time is no longer than 5-8 minutes on very high heat.

Serves 2

Single Serving Nutrient Values

Calories	95.85 kc
% calories from fat	62
Protein	2.269 gm
Carbohydrate	7.234 gm
Cholesterol	0.000 mg
Sodium	587.7 mg
Total Fat	7.051 gm
Saturated	0.993 gm
Polyunsaturated	0.628 gm
Monounsaturated	4.988 gm



Shellfish with Wine Sauce

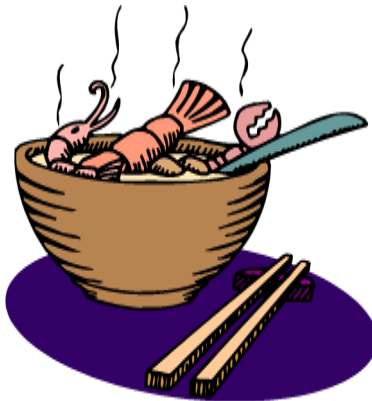
1/2 lb.	Mussels
1/2 lb.	Manila clams
6 large	Prawns
1 c.	Chicken stock
6 pieces	Bok choy
1 1/2 tsps.	Black bean sauce
1 tsp.	Fish sauce
1/4 c.	White wine
1 slice	Fresh ginger root
2 cloves	Garlic, chopped
1/2 tsp.	Pepper
1 Tbsp.	Olive oil

Clean all seafood. Heat pan and add oil. When very hot add the shellfish and cover. When shellfish opens, add the prawns, liquid ingredients and the spices. Add the bok choy and bring to a boil. After boiling, serve with basil or Italian parsley.

Serves 4

Single Serving Nutrient Values

Calories	121.1 kc
% calories from fat	42
Protein	10.73 gm
Carbohydrate	4.083 gm
Cholesterol	35.54 mg
Sodium	468.9 mg
Total Fat	5.639 gm
Saturated	0.987 gm
Polyunsaturated	0.701 gm
Monounsaturated	2.805 gm



Beef



Bistek (Beefsteak)

1/2 lb.	Beef sirloin
1 1/2 tsps.	Soy sauce
1 small	Onion
1 tsp.	Sugar
1 1/2 tsps.	Olive oil
	Lemon wedges
1/2 tsp.	Pepper

Slice the meat very thinly and pound to make it thinner. Marinate in the soy sauce overnight. Slice onions round and thin.

Heat oil and fry beef in a very hot pan, no more than 3 minutes on each side. Fry onions and add sugar and pepper. Squeeze lemon over before serving.

Serves 2

Single Serving Nutrient Values

Calories	278.8 kc
% calories from fat	38
Protein	35.19 gm
Carbohydrate	6.476 gm
Cholesterol	101.0 mg
Sodium	333.6 mg
Total Fat	11.62 gm
Saturated	3.646 gm
Polyunsaturated	0.612 gm
Monounsaturated	5.985 gm

Calderetta

(Beef in Tomato Sauce)

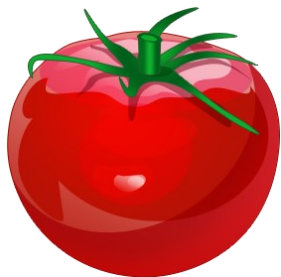
1/2 lb.	Lean beef for stew
1 each	Red and green bell pepper, sliced
2 medium	Carrots, sliced
1-8 oz. can	Tomato sauce, no salt added
1/2 c.	Frozen green peas
1/2 c.	Chicken stock or water
1 1/2 tsps.	Olive oil
1 tsp.	Sugar
1/2 tsp.	Salt
2 cloves	Garlic, chopped
1/2 c.	Onions, sliced
3 oz.	Green olives
2	Bay leaves
1/2 tsp.	Tabasco sauce

Heat oil and sauté the garlic and onions. Add beef and liquid ingredients. Bring to a boil. Simmer for one hour or until beef is tender. Add the remaining ingredients, cook for 10 more minutes.

Serves 4

Single Serving Nutrient Values

Calories	261.9 kc
% calories from fat	52
Protein	14.16 gm
Carbohydrate	16.74 gm
Cholesterol	37.97 mg
Sodium	738.1 mg
Total Fat	15.35 gm
Saturated	4.389 gm
Polyunsaturated	0.659 gm
Monounsaturated	7.044 gm



Cho-Pinoy

(Cioppino)

1 medium	Fish: hard meat like tuna, salmon or mackerel
1/4 lb.	Prawns
1/4 lb.	Squid
2 pieces	Blue crab
1/2 lb.	Manila clams
1-6 oz. can	Tomato paste, no salt
1-8 oz. can	Tomato sauce, no salt
1 c.	Chicken stock
1 Tbsp.	Olive oil
2 inches	Fresh ginger root
2 cloves	Garlic, chopped
1	Jalapeno
1 1/2 tsps.	Fish sauce or bagoog or alamang

Clean all seafood. In a large pot, sauté fresh ginger and garlic in hot olive oil. Add clams. Cover pot for about 5 minutes. Clams will open. Forming a layer of ingredients, add the crabs, squids, prawns and lastly the fish. Season with fish sauce. Pour in all liquid ingredients. Bring to a boil. Add in the jalapeno. Simmer for 10-15 minutes

Serves 8

Single Serving Nutrient Values

Calories	263.5 kc
% calories from fat	29
Protein	37.65 gm
Carbohydrate	7.945 gm
Cholesterol	111.5 mg
Sodium	352.8 mg
Total Fat	8.309 gm
Saturated	1.914 gm
Polyunsaturated	2.016 gm
Monounsaturated	3.139 gm



Spicy Smelt Sardines

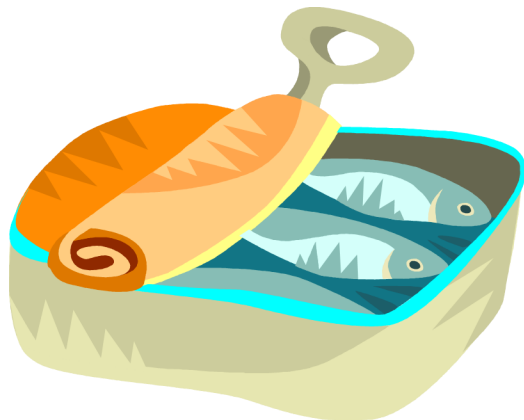
1 lb	Smelts, cleaned
1-8 oz. can	Tomato sauce, low sodium
1-6 oz. can	Tomato paste, low sodium
1 medium	Onion, chopped
1 clove	Garlic, chopped
1 slice	Fresh ginger root
1 medium	Jalapeno
1/4 c.	Vinegar
1/4 tsp.	Salt
1/4 tsp.	Pepper

Combine all ingredients in a large pot. Bring to boil. Simmer for 1 full hour.

Serves 4

Single Serving Nutrient Values

Calories	181.5 kc
% calories from fat	15
Protein	23.05 gm
Carbohydrate	16.00 gm
Cholesterol	79.38 mg
Sodium	268.8 mg
Total Fat	3.070 gm
Saturated	0.556 gm
Polyunsaturated	1.116 gm
Monounsaturated	0.7771 gm



Beef with Broccoli or Zucchini

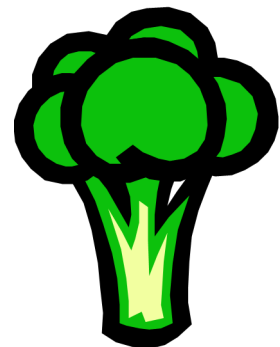
1/4 lb.	Sirloin Beef
1 head	Broccoli, or 2 medium zucchinis
1 1/2 tsps.	Soy sauce for marinating
1 1/2 tsps.	Soy sauce for cooking
1 tsp.	Sugar
2 cloves	Garlic, chopped
1/2 c.	Onions, sliced
1/4 tsp.	Pepper
1 Tbsp.	Olive oil
1 1/2 tsps.	Cooking wine

Slice beef very thin and marinate in soy sauce and wine. Heat oil, sauté the garlic and onions on a very high heat. Add beef, followed immediately by the vegetables. Cook for 5 minutes. Add soy sauce, sugar and pepper. Remove from heat and serve.

Serves 4

Single Serving Nutrient Values

Calories	101.0 kc
% calories from fat	45
Protein	8.203 gm
Carbohydrate	5.164 gm
Cholesterol	16.99 mg
Sodium	296.0 mg
Total Fat	5.276 gm
Saturated	1.094 gm
Polyunsaturated	0.461 gm
Monounsaturated	3.207 gm



Sesame Short Ribs

1 lb.	Beef short ribs (Korean cut)
1/4 c.	Worcestershire sauce
1/4 c.	Catsup
1/4 c.	Broth or water
1 clove	Garlic, chopped
2 Tbsps.	Brown sugar
1 large	Onion, sliced
2 tsps.	Sesame oil

Heat the sesame oil and braise the ribs in a very hot pan. Sauté in the garlic and onions. Add liquid ingredients and the sugar. Bring to a boil. Simmer for one hour or until beef is tender.

Serves 4

Single Serving Nutrient Values

Calories	296.5 kc
% calories from fat	46
Protein	23.48 gm
Carbohydrate	16.02 gm
Cholesterol	54.30 mg
Sodium	242.2 mg
Total Fat	15.18 gm
Saturated	5.462 gm
Polyunsaturated	1.510 gm
Monounsaturated	6.694 gm



Caramelized Prawns

10 large	Prawns, cleaned and deveined
1 medium	Sweet red onion, sliced
1 Tbsp.	Sugar
1 tsp.	Sesame oil
1/8 tsp.	Salt
1/8 tsp.	Pepper

Heat sesame oil and add onions. When nearly brown, take out the onions, add the prawns, season with salt and pepper and add the sugar. When prawns are cooked, add the cooked onions.

Serves 2

Single Serving Nutrient Values

Calories	85.06 kc
% calories from fat	27
Protein	6.169 gm
Carbohydrate	9.357 gm
Cholesterol	53.30 mg
Sodium	202.2 mg
Total Fat	2.621 gm
Saturated	0.413 gm
Polyunsaturated	1.089 gm
Monounsaturated	0.964 gm



Seafood



Baked Orange Fish

1/2 lb.	White fish (halibut or sea bass)
1/4 c.	Orange juice
1 Tbsp.	Brown sugar
1 1/2 tsps.	Soy sauce
1 sprig	Mint
1/4 tsp.	Pepper
1	Orange, sliced

Marinate fish, after seasoning with pepper in the orange juice and soy sauce. Arrange orange slices on top of fish then sprinkle with brown sugar. Preheat oven to 350 degrees. Bake for less than 20 minutes or until done. Add mint just before taking out from oven.

Optional: Broil for less than 3 minutes to brown the top. You can also grill the fish.

Serves 2

Single Serving Nutrient Values	
Calories	177.5 kc
% calories from fat	14
Protein	24.24 gm
Carbohydrate	12.60 gm
Cholesterol	36.24 mg
Sodium	323.0 mg
Total Fat	2.719 gm
Saturated	0.380 gm
Polyunsaturated	0.847 gm
Monounsaturated	0.866 gm

Kare-Kare

(Oxtail in Peanut Sauce)

1 lb.	Oxtail (trim all visible fat)
1/2 c.	Green beans
1/2 c.	Zucchini
1/2 c.	Cabbage
1/2 c.	Peanut butter
1 1/2 tsps.	Olive oil
1/4 c.	Rice
2 cloves	Garlic, chopped
1 slice	Ginger
1/2 c.	Onions, sliced

Boil oxtail in a very large pot with water, ginger and onions until very tender, when meat comes off easily from the bones. Takes about an hour or more. Remove all visible fat. Reduce until half the water is gone. Brown rice in a hot pan until golden brown. Remove from heat. Grind and set aside for garnish. Heat oil and sauté garlic and vegetables. Add the oxtail with the reduced liquid. Add peanut butter until sauce thickens. Reduce heat. Sprinkle the browned rice on top before serving.

Serves 4

Single Serving Nutrient Values

Calories	455.5 kc
% calories from fat	57
Protein	32.08 gm
Carbohydrate	17.29 gm
Cholesterol	54.30 mg
Sodium	238.7 mg
Total Fat	29.73 gm
Saturated	4.497 gm
Polyunsaturated	5.065 gm
Monounsaturated	13.98 gm

Chicken



Chicken Teriyaki with Sweet Potatoes and Shiitake Mushrooms

2 Tbsps.	Fresh ginger, finely chopped
2 cloves	Garlic, chopped
1 1/2 tsps.	Olive oil
2 pieces	Chicken thighs, skinless
2 pieces	Chicken wings, skinless
1 1/2 tsps.	Soy sauce
2 Tbsps.	Cooking wine
1/3 c.	Chicken stock
2 Tbsps.	Brown sugar
1 medium	Sweet potato, peeled & sliced
6	Shiitake mushrooms

Heat oil and sauté the garlic and ginger. Add the chicken and braise. Pour in the liquid ingredients. Add the brown sugar. Bring to a boil. Add the sliced sweet potato and the mushrooms. Simmer for 15 minutes. Stir occasionally.

Serves 4

Single Serving Nutrient Values

Calories	470.9 kc
% calories from fat	38
Protein	28.01 gm
Carbohydrate	38.71 gm
Cholesterol	86.30 mg
Sodium	874.1 mg
Total Fat	20.25 gm
Saturated	5.217 gm
Polyunsaturated	3.876 gm
Monounsaturated	8.994 gm

Baked Lemon Pork Chop

2 slices	Pork chop, fat trimmed
2 Tbsps.	Cooking wine
2 Tbsps.	Chicken stock
1 Tbsp.	Soy sauce
1 tsp.	Sugar
1 tsp.	Chopped garlic
1 slice	Fresh ginger root
1/8 tsp.	Salt
1 tsp.	Olive oil
1	Lemon, cut into slices

Combine all ingredients except sliced lemon and marinate pork chops overnight in the refrigerator. Place the slices of lemon on top of the pork chops before placing in the oven. Bake at 350 degrees for 20-25 minutes. Turn to a broil for about 5 minutes (gas range) 10 minutes (electric range) until top is golden brown.

Serves 2

Single Serving Nutrient Values

Calories	250.0 kc
% calories from fat	48
Protein	24.32 gm
Carbohydrate	5.316 gm
Cholesterol	67.20 mg
Sodium	566.2 mg
Total Fat	13.15 gm
Saturated	4.316 gm
Polyunsaturated	1.005 gm
Monounsaturated	6.465 gm

Embotido (Pork Loaf)

1/2 lb.	Lean ground pork
2 large	Eggs or equivalent egg substitute
4 large	Shiitake or any mushrooms, finely chopped
1/2 c.	Golden raisins
1/4 c.	Sweet onions, finely chopped
1/4 c.	Sweet pickle relish
1 tsp.	Salt
1 tsp.	Pepper

Filling:

2 large	Eggs, hard boiled, cut in halves
2 medium	Carrots, sliced lengthwise
1 medium	Cucumber, sliced lengthwise

Mix all top ingredients, divide into 2 rolls. Spread meat on a piece of foil. Place eggs, sliced cucumbers and carrots on top of meat then roll in the foil, twisting the ends. Bake in Mary's bath for 1 hour. Slice crosswise and serve cold.

Serves 8

Single Serving Nutrient Values

Calories	172.9 kc
% calories from fat	43
Protein	9.468 gm
Carbohydrate	15.93 gm
Cholesterol	122.7 mg
Sodium	407.5 mg
Total Fat	8.438 gm
Saturated	2.878 gm
Polyunsaturated	1.012 gm
Monounsaturated	3.632 gm

Baked Orange Chicken with Summer Squash

1/2 c.	Orange juice
1 piece	Chicken breast, skinless
1/8 tsp.	Salt
1/8 tsp.	Pepper
1 tsp.	Brown sugar
1	Summer squash, sliced
1	Orange, sliced
1 sprig	Rosemary

Marinate chicken after seasoning with salt and pepper in orange juice and brown sugar in the refrigerator overnight. Preheat oven to 350 degrees. Place summer squash around chicken and top with orange slices, add a sprig of rosemary and bake for 20 minutes.

Serves 1

Single Serving Nutrient Values

Calories	426.8 kc
% calories from fat	16
Protein	57.03 gm
Carbohydrate	31.79 gm
Cholesterol	148.0 mg
Sodium	412.5 mg
Total Fat	7.546 gm
Saturated	1.889 gm
Polyunsaturated	1.619 gm
Monounsaturated	2.217 gm



Pancit

3 lbs.	Chicken, skinless (cut into serving pieces)
1 lb.	Boneless lean pork shoulder (cut into 1 inch cubes)
2 cloves	Garlic, minced
1 medium	Onion, chopped
1 head	Cabbage, cut in 2 inches, long shreds
3	Carrots, diced
1 stalk	Celery, diced
1 tsp.	Fish sauce
1 tsp.	Low-sodium soy sauce
1 package	Pancit noodles soaked in water, then drained
2 Tbsps.	Olive oil or vegetable spray

Garnish:

8	Green onions, finely chopped
2	Lemons, halved

Place chicken and pork in a 4-quart stock pot with water to cover. Bring to a boil. Reduce heat and simmer for about 45 minutes or until chicken is tender and pork is fully cooked. Remove chicken and pork from broth. Reserve broth. Let meats cool.

De-bone chicken and tear meat into thin shreds. Cover and refrigerate chicken and pork. Chill broth. Chicken and pork may be prepared up to 48 hours in advance.

Remove and discard fat from broth. Spray a wok or heavy skillet with vegetable oil spray, or heat olive oil over medium heat until hot but not smoking.

Add chicken, pork, garlic, onion, cabbage, celery, and peppers; stir fry 1 to 2 minutes.

Afritadang Baboy

(Pork with Tomato Sauce)

1/2 lb.	Lean pork loin, cut in bite size pieces
2 medium	Potatoes, cut in bite size
2 medium	Carrots, cut in bite size
1 medium	Red bell pepper, cut in bite size
1/2 c.	Tomato sauce or spaghetti sauce, no salt added
1 c.	Chicken stock
1 Tbsp.	Soy sauce
1 small can	Garbanzo beans
1-3 oz. jar	Green olives
2 cloves	Garlic, chopped
1 1/2 tsps.	Olive oil

Heat oil and sauté pork with garlic. Add liquid ingredients. Bring to a boil for 3 minutes. Add vegetables then simmer for 30 minutes until tender.

Serves 4

Single Serving Nutrient Values

Calories	362.7 kc
% calories from fat	47
Protein	15.81 gm
Carbohydrate	31.50 gm
Cholesterol	34.29 mg
Sodium	1128 mg
Total Fat	18.82 gm
Saturated	4.983 gm
Polyunsaturated	1.863 gm
Monounsaturated	8.305 gm



Spareribs with Black Bean Sauce

1/2 lb.	Pork spareribs
1 Tbsp.	Worcestershire sauce
2 Tbsps.	Black bean sauce
2 Tbsps.	Brown sugar
2 Tbsps.	Catsup, low sodium
2 Tbsps.	Rice or cooking wine
1 clove	Garlic, crushed
1 tsp.	Olive oil
1/8 tsp.	Pepper

Heat oil and braise spareribs at high heat until some of the fat comes out of the meat. Drain the fat off. Pour in all liquid ingredients, then add the sugar and spices. Bring to a boil. Simmer for 30-40 minutes, until the meat almost comes off the ribs.

Serves 4

Single Serving Nutrient Values

Calories	247.4 kc
% calories from fat	63
Protein	10.20 gm
Carbohydrate	11.87 gm
Cholesterol	34.74 mg
Sodium	850.7 mg
Total Fat	17.11 gm
Saturated	6.265 gm
Polyunsaturated	0.981 gm
Monounsaturated	7.821 gm

Add reserved broth, fish sauce, soy sauce and drained noodles. Stir well.
Garnish with minced onions. Squeeze lemon juice over all.

Serves 8



Single Serving Nutrient Values— based on vegetable oil spray

Calories	366.5 kc
% calories from fat	32
Protein	37.53 gm
Carbohydrate	24.95 mg
Cholesterol	112.9 mg
Sodium	256.4 gm
Total Fat	12.81 gm
Saturated	4.065 gm
Polyunsaturated	1.984 gm
Monounsaturated	5.258 gm

***Do not use vegetable oil spray near an open flame or heat source. Read and follow directions on can before using.**

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Chicken Eggplant Omelette

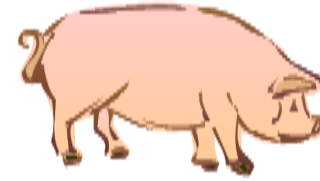
4	Japanese eggplants
1	Chicken breast, boneless, skinless and finely chopped or ground
1/4 c.	Red onion, chopped
4 medium	Shiitake mushrooms, chopped
1 tsp.	Sesame oil
1 tsp.	Soy sauce
1/4 tsp.	Salt
1/4 tsp.	Pepper
2	Eggs, beaten or equivalent egg substitute
	Vegetable oil spray *
1 Tbsp.	Catsup, low sodium

Broil or grill eggplant. Peel, flatten with a fork and set aside. Brown chicken meat with the onions and mushrooms. Add soy sauce, sesame oil, salt and pepper. Set aside. To make the omelette, spray the pan with vegetable oil spray, add one eggplant then 1/4 of the chicken meat mixture. Pour 1/4 of the eggs over to form an omelette. Serve with Catsup on the side.

*Do not use vegetable oil spray near an open flame or heat source. Read and follow directions on can before using.

Single Serving Nutrient Values	
Calories	148.4 kc
% calories from fat	32
Protein	17.58 gm
Carbohydrate	7.484 gm
Cholesterol	143.0 mg
Sodium	297.3 mg
Total Fat	5.323 gm
Saturated	1.400 gm
Polyunsaturated	1.194 gm
Monounsaturated	1.965 gm

Pork



Pork Adobo with Eggplant

1/2 lb. size	Pork loin, fat trimmed, cut in bite pieces
2 Tbsps.	Soy sauce
2 Tbsps.	Vinegar *
1 Tbsp.	Brown sugar
4	Japanese eggplants
2 cloves	Garlic, chopped
4	Peppercorns
2	Bay leaves

Heat oil and braise pork at high heat until slightly brown. Pour liquid ingredients in flowed by the sugar, the herbs and spices. Bring to a boil. Simmer for 20 to 25 minutes. Cut eggplant in halves and place on top of meat while simmering.

*For a more traditional recipe, you may wish to increase vinegar by 1-2 Tbsp.

Serves 4

Single Serving Nutrient Values

Calories	253.1 kc
% calories from fat	62
Protein	10.25 gm
Carbohydrate	13.52 gm
Cholesterol	34.74 mg
Sodium	250.7 mg
Total Fat	17.14 gm
Saturated	6.269 gm
Polyunsaturated	0.994 gm
Monounsaturated	7.826 gm



Tinolang Manok (Ginger Chicken Soup)

2	Thumb size pieces of fresh ginger root
1 clove	garlic, minced
1 small	Onion, chopped
1 large	Chayote or carrot, sliced
1 small	Cabbage, shredded
1 1/2 tsps.	Olive oil
4-8 small	Pieces of skinless chicken with bones (back, thighs or wings)
2 c.	Chicken stock
1 Tbsp.	Fish sauce
1/4 tsp.	Salt
1/4 tsp.	Pepper
1	Pepper (jalapeno or sweet)
	Scallions

Heat oil and sauté ginger, garlic and onions. Add chicken and braise until meat turns whitish. Pour in the stock. Season with salt, pepper and fish sauce. Bring to a boil. Add vegetables. Turn the heat to medium. Simmer for 15-20 minutes. Add scallions and jalapeno.

Serves 4-6

Single Serving Nutrient Values

Calories	229.7 kc
% calories from fat	59
Protein	18.77 gm
Carbohydrate	4.327 gm
Cholesterol	59.87 mg
Sodium	228.3 mg
Total Fat	14.92 gm
Saturated	4.076 gm
Polyunsaturated	2.944 gm
Monounsaturated	5.910 gm



Ground Chicken with Basil

1 large	Chicken breast, boneless, skinless and finely chopped or ground
2 cloves	Garlic, chopped finely
1 small	Onion, chopped
1 tsp.	Soy sauce
1 tsp.	Fish sauce
1 tsp.	Sugar
1-2	Jalapeno peppers
2 sprigs	Fresh basil
1 Tbsp.	Olive oil
1/8 tsp.	Pepper

Heat olive oil and sauté garlic, onion and chicken meat. Season with soy sauce, fish sauce, pepper and sugar. Add the jalapeno and basil.

Optional: add vegetables like 1 cup string beans or 2 eggplants.

Serves 2

Serves 4 with vegetables

Single Serving Nutrient Values (based on two servings)

Calories	324.1 kc
% calories from fat	23
Protein	55.19 gm
Carbohydrate	7.863 gm
Cholesterol	148.0 mg
Sodium	526.7 mg
Total Fat	8.638 gm
Saturated	2.068 gm
Polyunsaturated	1.565 gm
Monounsaturated	3.819 gm