

# Simple & Refreshing Summer Vietnamese Cuisine

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## Pickled Vegetable Salad (*Rau Cai Chua*)

Tart & vibrant vegetable overture consisting of carrots, daikon, baby leeks, and cucumbers

## Tofu Soup

Simple & light vegetable broth-based soup with cilantro and bok choy woven with hints of earthiness from shitake mushrooms

## Vietnamese Green Beans

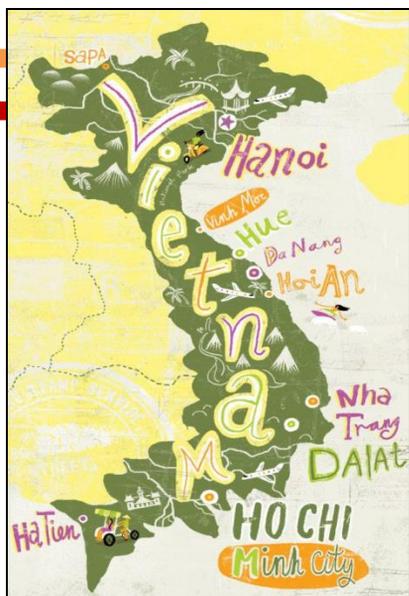
Crisp & spicy side of oven-roasted green beans served warm

## Chicken Lettuce Wraps

Tender & savory minced chicken stir fry wrapped in fresh romaine leaves complimented by a hoisin and sweet chili sauce duo

## Warm Pineapple Banana Rice Pudding

Fragrant & comforting tropical fruits married with dense creamy rice for a filling finale



### Nutrition Information for Entire Meal:

431 - 453 calories  
11.7 g fat (23%)  
2.5 g saturated fat (5%)  
61 g carbohydrates (53%)  
8.1 g fiber  
27.8 g protein (24%)  
550-765 mg sodium  
52 mg cholesterol

# Pickled Vegetable Salad (Rau Cai Chua)

**Serves:** 7

**Serving Size:** About ¼ cup

## NUTRITION FACTS\*

<b>Calories</b>	30 kcal
<b>Fat</b>	0.7 g
<i>Saturated fat</i>	0 g
<b>Carbohydrates</b>	7 g
<i>Fiber</i>	0.9 g
<b>Protein</b>	0.4 g
<b>Sodium</b>	13 mg
<b>Cholesterol</b>	0 mg

## INGREDIENTS

- 1 medium carrot
- ½ medium daikon
- 3 baby leeks
- 1 medium cucumber
- 1 cup sugar
- 3 cups rice vinegar
- 7 Romaine lettuce leaves, for garnish

\*One ¼ cup serving

## INSTRUCTIONS

1. Prepare vegetables by peeling and cutting each vegetable into 2-inch long matchsticks.
2. In a bowl, whisk together the sugar and rice wine vinegar until the sugar is completely dissolved, this will be the pickling juice.
3. Add vegetables into pickling juice and toss to coat. Allow mixture to marinate for two hours in the refrigerator.
4. Drain the pickling juice and rinse the remaining vegetables to remove the excess sugar and vinegar.
5. Place ¼ cup serving of pickled vegetables atop one lettuce leaf on a plate to serve.

## Fun Fact

Traditional Vietnamese cooking is admired for its fresh ingredients, minimal use of oil, and reliance on herbs and vegetables. With the balance between fresh herbs and meats and a selective use of spices to reach a defined taste, Vietnamese food is considered one of the healthiest cuisines worldwide.

# Tofu Soup

**Serves:** 6

**Serving Size:** ¾ cup

## NUTRITION FACTS\*

<b>Calories</b>	50 kcal
<b>Fat</b>	2.2 g
<i>Saturated fat</i>	0.2 g
<b>Carbohydrates</b>	4.6 g
<i>Fiber</i>	0.6 g
<b>Protein</b>	4 g
<b>Sodium</b>	64 mg
<b>Cholesterol</b>	0 mg

\*One ¾ cup serving

## INGREDIENTS

- 2 thick slices of fresh ginger
- 6 cups low sodium vegetable stock
- 10 sprigs of cilantro
- 6 stalks of baby bok choy
- 5-6 shiitake mushroom caps thinly sliced
- 10 ounces of firm tofu cut into ½ inch cubes
- 1 tsp ground white pepper
- 1 stalk scallion thinly sliced, for garnish
- Cilantro leaves, for garnish
- Lime wedge, for garnish

## INSTRUCTIONS

1. Place slices of ginger on a grill and char lightly on both sides.
2. Place ginger in a pot, add stock and bring to a boil. Add cilantro sprigs and simmer for 15 minutes. After simmering, remove cilantro from pot.
3. Trim off root ends of baby bok choy and rinse. Cut bok choy stems from leaves; julienne the stems, roughly chop the leaves.
4. Add bok choy stems and mushrooms to stock. Bring to boil for 1 minute.
5. Add tofu and bok choy leaves to the soup.
6. Season with salt and white pepper and simmer over low heat for 5 minutes.
7. Garnish with scallion, cilantro leaves and lime wedge.

## Nutrition Tip

Add rice noodles in order to make a hearty noodle soup. Feel free to swap vegetable stock for chicken stock and chicken for tofu in order to enhance flavor!

# Vietnamese Green Beans

**Serves:** 4

**Serving Size:** ½ cup

## NUTRITION FACTS\*

<b>Calories</b>	45
<b>Fat</b>	1.4 g
<i>Saturated fat</i>	0.2 g
<b>Carbohydrates</b>	7.8 g
<i>Fiber</i>	3 g
<b>Protein</b>	2 g
<b>Sodium</b>	92 mg
<b>Cholesterol</b>	0 mg

\*One ½ cup serving

## INGREDIENTS

- 3 tsp of chili paste
- 2 tsp low sodium soy sauce
- 2 tsp sesame seed oil
- 2 tsp minced garlic
- 1 lb of fresh green beans

## INSTRUCTIONS

1. Preheat oven to 400°F.
2. Mix together chili paste, soy sauce, sesame seed oil, and minced garlic.
3. Add green beans to mixture and toss until coated.
4. Marinate green bean mixture for 5 minutes.
5. Spread green beans on a baking sheet.
6. Bake green beans for 10-15 minutes or until tender.
7. Remove green beans from the oven and let cool. Enjoy as a side or on their own.



## Fun Fact

In northern Vietnam, a colder climate limits the production and availability of spices. As a result, the foods there are often less spicy than those in other regions. Most northern Vietnamese foods feature light and balanced flavors that result from subtle combinations of many different flavoring ingredients.

# Chicken Lettuce Wraps

**Serves:** 5

**Serving Size:** 2 lettuce wraps

## NUTRITION FACTS\*

<b>Calories</b>	133-155
<b>Fat</b>	4.9 g
<i>Saturated fat</i>	0.8 g
<b>Carbohydrates</b>	6.2 g
<i>Fiber</i>	1.2 g
<b>Protein</b>	17.6 g
<b>Sodium</b>	350-566 mg
<b>Cholesterol</b>	45 mg

\*One serving: 2 lettuce wraps 1 ounce serving of sweet chili + 1 ounce serving of hoisin-soy sauce

### Sweet chili sauce:

10 tbsp sweet chili sauce  
2 ½ tsp lime juice  
Chopped cilantro leaves

### Hoisin-soy sauce:

7 ½ tbsp hoisin sauce  
2 ½ tbsp low-sodium soy sauce  
2 ½ tsp Sriracha chili sauce  
5 tbsp warm water

## INSTRUCTIONS

1. Whisk together first 7 ingredients. Combine with chicken, mushrooms and water chestnuts. Set aside to marinate for 15 minutes.
2. Mix the 2 separate dipping sauces. Set aside.
3. Heat up skillet and add the cooking oil. Sauté the garlic until lightly browned and then add the chicken. Stir-fry chicken filling, making sure to break up the lumps. Continue to stir-fry until the chicken is cooked. Place cooked filling in bowl.
4. Prepare lettuce leaves flat and portion 2 tablespoons of filling onto each lettuce leaf. Garnish with hoisin sauce and/or sweet chili sauce and enjoy.

## INGREDIENTS

### Filling:

- 1 stalk scallion finely chopped
- 1 tbsp low sodium soy sauce
- 1 tbsp oyster sauce
- 1 tbsp dry sherry or rice cooking wine
- ½ tsp sugar
- 1 tsp corn starch
- 3 pinches white pepper powder
- 1 lb ground chicken breast
- 3 shitake mushrooms, chopped finely
- 6 water chestnut slices, finely chopped
- 2 tbsp cooking oil
- 1 ½ tsp minced garlic
- 10 romaine lettuce leaves
- Scallion, thinly sliced, for garnish

## Fun Fact

Known for its balance of five elements, many Vietnamese dishes include five fundamental taste senses (*ngũ vị*): spicy (metal), sour (wood), bitter (fire), salty (water) and sweet (earth).

## Nutrition Tip

To reduce sodium intake, cut back on the high sodium sauces.

# Warm Pineapple Banana Rice Pudding

**Serves:** 5

**Serving Size:** ½ cup

## NUTRITION FACTS\*

<b>Calories</b>	173
<b>Fat</b>	2.5 g
<i>Saturated fat</i>	1.3 g
<b>Carbohydrates</b>	35 g
<i>Fiber</i>	2.4 g
<b>Protein</b>	3.8 g
<b>Sodium</b>	32 mg
<b>Cholesterol</b>	6.8 mg

\*One ½ cup serving

## INGREDIENTS

- 1 ½ cups brown rice
- 3 ¾ cups water
- 1 medium banana, thinly sliced
- 1/3 cup canned pineapple, chopped
- ¼ cup water
- 2 tbsp honey
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- 1 cup 2% milk
- ½ medium banana thinly sliced
- ½ tsp brown sugar
- 5 tbsp whipped cream, for garnish
- Mint leaves, for garnish

## INSTRUCTIONS

1. In a medium-size saucepan, combine the brown rice and water and bring to boil. Turn down the heat and cover the saucepan with a lid until the brown rice is cooked (~10 min).
2. In a medium-size saucepan, combine the banana and pineapple, water, honey, vanilla, cinnamon and nutmeg.
3. Bring to a boil, reduce the heat, and simmer for 10 minutes, or until tender, but not mushy.
4. Add the rice and milk and mix thoroughly. Bring to a boil and simmer 10 more minutes.
5. Prepare ½ medium sliced banana on baking sheet with thin layer of brown sugar over each slice. Place slices broiler for 5 minutes or until sugar has melted.
6. Serve ½ cup of pudding per person. Garnish with whipped cream, caramelized banana, and mint, if desired.

## Nutrition Tip

Use skim milk to replace 2% milk to cut back on fat. Add additional tropical fruit such as dried mango and shredded coconut to provide more flavor!

# Ingredient Appendix

## Pickled Vegetable Salad (Rau Cai Chua)



daikon



rice vinegar

## Tofu Soup



ginger



white pepper powder



shitake mushrooms



baby bok choy

## Vietnamese Green Beans



chili paste



sesame oil

## Chinese Lettuce Wraps



oyster sauce



dry sherry



rice cooking wine



sweet chili sauce



sriracha chili sauce



canned water chestnuts