

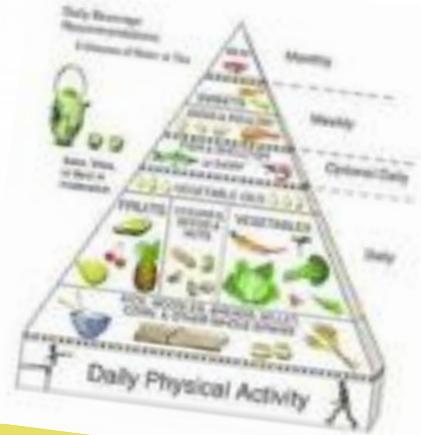


Asian Cuisine



There are three dietary cultures of Asian cuisine- Southwest, Northeast, and Southeast.

Southwest cooking is known for using hot peppers, black pepper, cloves, and curry. Northeastern cooking traditions is comprised of using fats, oils, and sauces. China, Korea, and Japan make up this area. Lastly, Southeastern cooking emphasizes light and aromatic foods typically using citrus juices and herbs like basil, cilantro, and mint. Soy sauce is also a big staple in southeastern cooking either in the cooking process or as a condiment.



Garlic, ginger, onion, chilies, and lime are spices and herbs that are most commonly found in Asian cooking, in general. These can all be found in the Asian Zing! Brussel Sprout salad. Garlic and onion are found in the marinade and ginger, chilies, and lime can all be found in the sweet chili lime dressing.

Asian Zing! Brussel Sprout Salad



Brussel Sprouts are not a typical Asian vegetable but in this salad, they are marinated in a soy based sauce containing soy sauce, honey, red pepper flakes, and garlic to add an Asian flare. Soy sauce originated in China and has a umami taste due to the natural free glutamates. It is used in East and Southeast Asian cuisines.

Brussel Sprouts are known for their cancer-protecting qualities that help regulate the body's inflammatory/anti-inflammatory system along with their high Vitamin K content. Vitamin C and A are also found to be high which provides antioxidant support. The fiber content helps with the digestive system and in lowering cholesterol levels.

Harvest Apple Salad



Watercress is an overlooked leafy green that is a cousin to mustard greens and arugula. It has a bitter, peppery taste and can be incorporated into salads, soups, and sandwiches. Watercress is very low in calories and only contains **11 calories per 3 cups**. It's also high in 15 vitamins and minerals- contains as much **Vitamin C** as an orange, more **Iron** than spinach, and more **Calcium** than milk. It's also extremely **high in antioxidants** and has been known for its cancer prevention and blood curing properties since 400 BC. Watercress can also serve as a decongestant when a cold/chest infection is present.

Ginger Pear Quinoa Salad

Fall is a great time to enjoy a juicy, crisp pear. Not only are pears a great snack or dessert, but they also fit into a healthy diet! They are **low in calories, high in dietary fiber** (6g or 22% daily value) and are **rich in antioxidants** including phenolics, flavonoids, and **Vitamin C**. Pear consumption has been associated to decrease the risk of disease development, particularly cancer, cardiovascular disease and type 2 diabetes mellitus because of the high fiber content along with the decreased risk of common chronic diseases that are caused by inflammation and excessive oxidative stress because of the high antioxidant content. It seems "A Pear a Day also Keeps the Doctor Away!"

