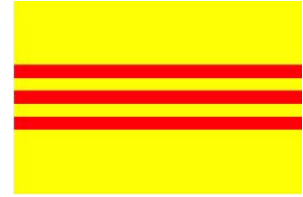


Vietnamese Dishes



Fruit Rice Pudding

- 1 medium banana, sliced
- 1 can (15 oz.) pears or peaches, drained, sliced
- 1/4 cup water
- 2 Tbsp. honey or sugar
- 1 tsp. vanilla extract
- 1/2 tsp. ground cinnamon
- 1 1/2 cups cooked rice
- 1 cup nonfat milk



1. In a medium-size saucepan combine the fruit slices, water, honey, vanilla, and cinnamon.
2. Bring to a boil, reduce the heat, and simmer for 10 minutes.
3. Add the rice and milk and mix thoroughly.
4. Bring to a boil and simmer 10 more minutes. Serve warm.

Serves 6.

NUTRITION FACTS (per serving) - Calories 150 ~ fat 0 g ~ calories from fat 0 ~ sodium 30 mg ~ total carbohydrate 35 g

Cabbage and Eggs (vegetable side dish)

- | | |
|-------------------|--------------------------------------|
| 2 eggs | 1 lb. cabbage (1/2 head), shredded |
| 1 Tbsp. soy sauce | 1/2 tsp. garlic powder |
| 1 Tbsp. oil | Black pepper or red pepper, to taste |

1. Beat the egg with the soy sauce in a small bowl, set aside.
2. Heat wok or large skillet over high heat. Add oil.
3. Add cabbage, stir fry for 2 minutes.
4. Add 3 Tbsp. water, cover and cook over medium heat for 3-4 minutes.
5. Bring temperature back up to high.
6. Push the cabbage to the sides of the pan to make a well in the cabbage.
7. Pour the egg mixture in the center well.
8. Stir fry a few more minutes mixing the cabbage and eggs together.
9. Add pepper and serve.

Serves 6.

NUTRITION FACTS (per serving) - Calories 60 ~ fat 4 g ~ calories from fat 35 ~ sodium 250 mg ~ total carbohydrate 5 g



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.