

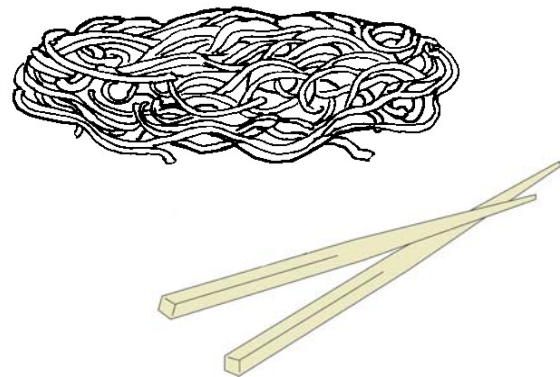
Traditional Vietnamese Recipes

- **Try cooking some traditional Vietnamese recipes.**
- **It is fun and the food is good for you.**
- **Visit your grocery store to see if there is a Chinese or Asian-food section**
- **If you can't find some of the ingredients, the recipes below list substitutions which work very well.**

Veggie Chow Mien Serves 6.

Chow Mien means noodles in Vietnamese cookery.

- 6 oz. rice noodles or thin flat egg noodles
- 4 tsp. oil
- 1 medium finely chopped onion
- 2 cloves garlic, finely chopped
- 1 cup grated carrot
- 2 tsp. chicken bouillon
- 1 tsp. hot pepper sauce
- 1 cup broccoli, cut into small pieces
- 1 cup celery, chopped
- 1 cup green or red bell pepper, finely chopped
- 4 tsp. soy sauce



1. Prepare noodles according to package directions. Drain and set aside.
2. Sauté onion and garlic with oil in frying pan for 1 minute over medium/high heat.
3. Add carrot, chicken bouillon, and pepper sauce. Stir.
4. Add broccoli, celery, and bell pepper and continue to stir.
5. Reduce heat to low and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes.
6. Add salt and pepper to taste.

*Other vegetables can be substituted such as: cabbage, Napa cabbage, bok choy (Chinese cabbage), mong bean sprouts, collard green, green beans, and/or zucchini.

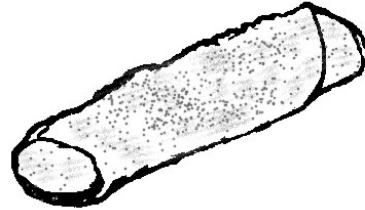
NUTRITION FACTS (per serving) - Calories 170 ~ fat 4 g ~ calories from fat 35 ~ sodium 400 mg ~ total carbohydrate 31 g

Vietnamese-Style Egg Roll Makes 24 egg rolls.

Vietnamese-style egg rolls do not contain eggs. They are rolled up tight and smaller than traditional Chinese-style egg rolls. Dried mushrooms are used because they have much more flavor than fresh mushrooms. Cellophane noodles may be found in the grocery store next to the Chinese foods or substitute any very thin, flat noodle.

- 1/2 cup dried mushrooms, or 1 cup fresh, finely chopped
- 1 6 oz. package cellophane noodles, or thin flat egg noodles or spaghetti
- 1 large carrot, grated
- 6 green onions, chopped including tops
- 1 tsp. each salt and pepper
- 1 tsp. Chicken bouillon powder or 1 cube
- 1 lb. ground beef *
- 2 medium onions, chopped
- 1 tsp. garlic powder
- 2 tsp. ketchup
- 2 tsp. soy sauce
- Dash of pepper
- 1 24-pack frozen egg roll or spring roll wrappers
- 2 cups vegetable or peanut oil for frying

***Ground Beef can be substituted with tofu, ground pork or shrimp.**



1. Soak dried mushrooms in 1-cup hot water for 30 minutes.
2. Soak cellophane noodles or cook spaghetti according to package directions. Drain and set aside. Cut these last.
3. In a large mixing bowl add grated carrot, finely chopped green onions, salt, pepper, and chicken bouillon. Mix well, and then add the cut noodles. Set aside.
4. Brown ground beef in hot skillet with chopped onions and drain. Add the powdered garlic and stir.
5. Mix in ketchup, soy sauce, and a dash of pepper. Add to vegetable mixture.
6. Place 1 tablespoon beef-vegetable mixture in the middle of a wrapper and form into a 2-inch oblong shape. Fold top edge over with your fingers to keep it intact. Then fold the two side edges over and roll to the end. Use water or egg to seal edge. Place on plate, edge side down. Continue until all egg roll wraps are filled.
7. Heat oil in frying pan over medium/high heat. Fry until golden brown. Place egg rolls on paper towel to drain excess oil.

NUTRITION FACTS (per serving) - Calories 150 ~ fat 8 g ~ calories from fat 70 ~ sodium 200 mg ~ total carbohydrate 13 g



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