

Summer Session - 3

Healthy Fare with an International Flair

During this session you will:

- ◆ *Identify the major ingredients and food preparation methods of various international cuisines.*
- ◆ *Apply knowledge of international cuisines to analyze dishes and make healthy menu selections.*
- ◆ *Identify strategies to maintain WHI nutrition goals when eating international foods/dishes away from home.*



GARLIC



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THYME

Review of Progress

- ◆ What have you done to keep your WHI eating patterns interesting for yourself and others during the past three months?
- ◆ What strategies and skills are you currently using to maintain your progress?
- ◆ What is your favorite type of international food or cuisine?

Exploring International Foods

The United States is a country that combines the cultures and traditions of many nations. Some of this cultural diversity can be seen in the wide variety of international foods and restaurants available throughout the US. There are fast-food locations, shopping mall outlets and fancier restaurants just about everywhere you go. The average person in the US eats in restaurants more than 200 times per year. Increasingly their food selections include a variety of international restaurants. So, it's important to know more about various international cuisines in order to make lower-fat selections.

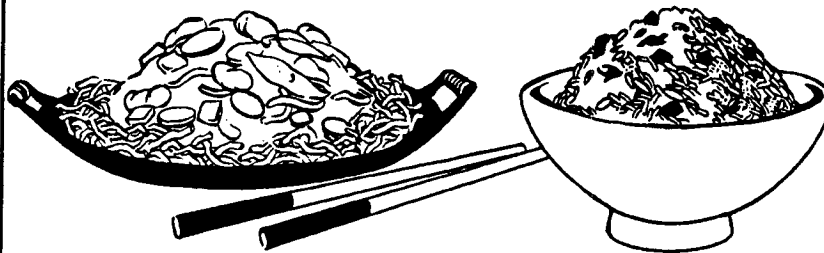
Today, restaurants are offering more lower-fat selections. However, the cuisine of every nation includes both healthy and not-so-healthy selections. Take a look at Worksheet 3-1 (pg. 15). Check off the international restaurants that you have tried, or would like to try.

- ◆ What are some examples of internationally diverse restaurants that you enjoy?
- ◆ What foods or dishes do you usually order in these restaurants?
- ◆ How have your food selections changed since joining WHI?

Many of the basic ingredients used in international dishes are similar from culture to culture and

recipe to recipe. It is the choice of herbs and spices in the dish and the methods of cooking that create specific international cuisines. As you read about the various international cuisines, think about some of the healthy factors they have in common:

- ◆ Lots of fresh vegetables, fruits, grains
- ◆ Smaller servings of meats, fish and poultry
- ◆ Lower-fat cooking methods (steaming, broiling, etc.)
- ◆ Limited amounts of higher-fat dairy foods



Chinese and Japanese Cuisines:

Both Chinese and Japanese cuisines focus their meals around rice or noodles and lots of vegetables.

Chinese: Chinese food is one of the top three international cuisines enjoyed in the US. The three most common regional styles of Chinese cooking available in the US are: Cantonese Szechwan/Hunan and Beijing.

Canton is in Southern China where rice is a staple food. Many dishes are stir-fried with mild subtle flavors. Soy sauce, fresh ginger, sherry and chicken stock are the most commonly used seasonings. Low-fat sauces, such as black bean, oyster and lobster are also used. Some of the typical dishes include: chop suey, chow mein and lo mein.

The Western region of China is home to the hot and spicy Szechwan and

Hunan styles of cooking. The most frequently used spices include chilies, garlic and hot red peppers. Szechwan and Hunan dishes usually appear on menus with stars noting the degree of 'spiciness'. The more stars, the spicier (hotter) the dish. Deep-fried foods are also popular.

Beijing (Peking) is in northern China. Most dishes are light and delicate in flavor and commonly use sauces, such as sweet-and-sour, plum, and hoisin. Dishes also frequently use liberal amounts of garlic and onions.

To see how much you already know about Chinese and Japanese menu descriptions, turn to Worksheet Summer 3-2 (pg. 16).

- ◆ Which menu descriptions do you think indicate lower-fat selections?
- ◆ Which menu descriptions indicate higher-fat selections?

In most Chinese restaurants, you can easily find menu selections that will help you maintain your WHI eating patterns. However, be aware that the amount of fat used to prepare dishes varies between restaurants.

The first step is to be aware of the higher- and lower-fat menu descriptions. Look at the Quick Tips for Chinese and Japanese Restaurants (booklet). Many of the key menu descriptions will be familiar to you, while some others may be new. For example, the term 'in sweet-and-sour sauce' indicates a higher-fat cooking method. This is because the meat, fish or poultry in sweet-and-sour Chinese dishes is usually deep-fried.

Another way to limit fat is to ask the waiter if the cook can use less fat when they prepare a stir-fried dish, such as chow mein or lo mein. You might also consider asking for extra rice (not fried) as a way to fill yourself up on a lower-fat food choice. It could also help you reduce your meat serving size.

Japanese: In the Japanese culture, the harmony of food is as important as nourishment for the body. Food is presented in an artistic way that is pleasing to the diners.

Japanese ingredients and cooking methods make it easy to follow a lower-fat eating pattern. The dishes feature rice, noodles and vegetables cooked in a minimal amount of fat. In addition, servings are usually small. Basic foods include rice, soybeans, fish, vegetables, and seaweed.

Take a look at the higher- and lower-fat menu descriptions listed on the back page of the Quick Tips for Chinese and Japanese Restaurants (booklet). If you choose wisely, the majority of Japanese entrees are low in fat.

You might start by ordering a simple soup, such as:

- ◆ **suimono - broth with radish and bits of vegetables or meat**
- miso - broth with vegetables and/or tofu pieces, or**
- ◆ **udon - noodle soups (plain, su-udon and with meat, yaki-udon)**

Combine the soup with a Japanese salad, (*sunomono* or *aemono*). They can be made with tossed greens, tofu or seafood combinations and flavored with a low-fat vinegar or *miso* dressing.

You can also limit your grams of fat by selecting chicken or seafood instead of beef or pork. This is particularly true, if you go to a Japanese 'steak house' (e.g., Benihana of Tokyo, etc.). This type of restaurant tends to provide an Americanized version (higher fat) of Japanese food.

Have your dishes prepared using a lower-fat cooking method (see Quick Tips booklet). In a Japanese 'steak house' this might mean asking if the cook could use less oil to prepare the chicken, seafood and vegetable dishes.

Rice is a staple for most meals and is served plain. Noodles are also available either as wheat noodles (*udon*) or buckwheat noodles (*soba*). Both rice and noodle dishes are low in fat (unless fried) and they provide servings of grains.

Raw seafood dishes (*sushi* and *sashimi*) are gaining popularity in the US.

There are some health concerns about eating raw fish, so be sure your fish is fresh and that you feel confident the fish is handled carefully.

Sushi is a combination of raw fish and rice served with a strong horseradish paste (*wasabi*) and soy-based dipping sauce. Sashimi is raw fish served simply with horseradish paste, pickled ginger and soy sauce. Fresh tuna, salmon, lobster, clams and bream are often used.

Thai and Indian Cuisines:

Thai: Taste-wise, Thai food closely matches Indian fare. Both cuisines are hot and spicy, as well as aromatic. The commonly used spices include: coriander, cumin, cardamom, cinnamon, chilies, tamarind, turmeric and coconut milk. However, Thai cuisine also has unique low-fat flavors and spices, such as fish sauce (*nam pla*), shrimp or curry paste, lemon grass, lime and basil.

In Thai cuisine, the appearance of food is just as important as its taste. In many restaurants, time is taken to carve fruits and vegetables to decorate serving platters.

To see how much you already know about Thai and Indian menu descriptions, turn to Worksheet Summer 3-2 (pg. 17).

- ◆ **Which menu descriptions do you think indicate lower-fat selections?**
- ◆ **Which menu descriptions indicate higher-fat selections?**

Most Thai dishes are stir-fried, steamed, braised or marinated. Stir-frying is done quickly with some fat, such as lard or coconut oil in a wok or in a frying pan. However, some appetizers and meats are also prepared by deep-frying.

Take a look at the Quick Tips for Thai and Indian Restaurants (booklet) to identify the higher- and lower-fat menu descriptions.

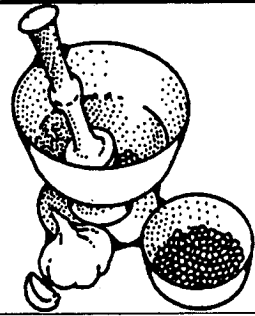
Instead of ordering fried appetizers, look for grilled or steamed selections.

Some of the lower-fat selections include: vegetable rolls, steamed seafoods, and *satay* (grilled meats). However, watch the peanut sauce usually served with the satay, it's loaded with fat. Request a lighter sauce, such as *tamarind* or a sweet-and-sour sauce.

Consider ordering a Thai salad (*yam*). It usually consists of a simple garden salad with lots of lettuce and a choice of beef, chicken or seafood. The salads are usually mixed with a no-fat Thai dressing (lemon grass, chilies, lime juice). You can also ask for tamarind or a light sweet-and-sour dressing.

Soups, such as *Tom yum koong* or *Pok tae* can offer another lower-fat choice. However, be careful of soups and curries made with coconut milk and coconut meat, such as chicken coconut soup (*Tom ka gai*). A cup of coconut milk contains 51 grams of fat!

All curry dishes use coconut milk. If you must order curry, then share the dish with your dining partners and limit the



amount of curry sauce you eat.

Rice is a staple in Thailand and always served with meals. Plain white rice is a good low-fat choice to extend your meal and provide additional servings of grains. However, watch for higher-fat menu descriptions. Many Thai noodle and rice dishes, such as *Pad (Phat) Thai*, may be higher in fat because they are fried. If one of these dishes is a favorite, think about budgeting your fat grams or sharing the dish with a friend.

You can also keep your fat grams low and increase your servings of vegetables by looking for dishes that have some or all of the following characteristics:

- ◆ **Use lots of vegetables**
- ◆ **Made with chicken or seafood**
- ◆ **Cooked in low fat sauces**



As a rule it will probably be easier to make special requests and find grilled foods in non-fast food Mexican restaurants.

Check out your own local Mexican restaurants and see what new low-fat menu selections are available.

Greek/Middle Eastern Cuisine:

The foods represented by Middle Eastern cuisine are native to countries in Southern Europe and North Africa. The spelling of dishes among the countries may be different, but the ingredients are similar.

The foods that dominate Middle Eastern cooking are: wheat, grains, legumes, olives, dates, figs, lamb, and eggplant. Commonly used spices include: parsley, mint, cilantro, and oregano.

Many dishes are created using very few ingredients.

For example, the same vegetables (eggplant, onions and tomatoes) are found in raw vegetable salads, meatless casseroles, mixed with ground lamb, and stuffed into grape leaves.

Foods are commonly grilled, fried, ground, or stewed. To see how familiar you are with Greek and Middle Eastern cuisines, look at Worksheet Summer 3-2 (pg. 17). Pick out the words or menu descriptions that indicate lower- and higher-fat methods of cooking.

- ◆ **What menu descriptions would indicate lower-fat selections?**
- ◆ **What descriptions indicate higher-fat selections?**

In general, Middle Eastern food is a good match with the WHI eating pattern. It's easier to get your servings of grains and vegetables and keep your grams of fat low.

Vegetables abound and legumes are widely used. Additionally, meats are often combined with grains or vegetables to make the meat stretch farther. For a quick look at higher- and lower-fat menu descriptions, refer to Quick Tips for Greek and Middle Eastern Restaurants (booklet).

Fat creeps into Middle Eastern dishes in a variety of ways. It is present in the olive oil and sesame paste (*tahini*) used in salad dressings, marinades, dips, and sauces. It is also found in fried foods (e.g., *falafel*), phyllo pastry dishes (e.g., *baklava*, *katai*, *spanakopeta*) and in Greek olives (e.g., *kalamata*) used in many dishes.

Many appetizers are high in fat, so the best strategy is to pass up the appetizers and move on to a soup or a salad. If you must order an appetizer, consider ordering stuffed grape leaves (*dolmas*), smoked eggplant

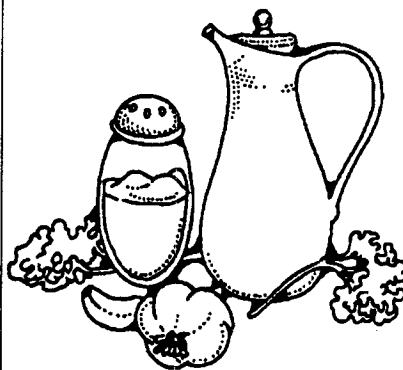
(*baba ghanoush*) or mashed chickpeas (*hummus*) served with pita bread. All of them contain some fat in the form of olive oil or sesame seed paste, however, in small amounts they would be acceptable.

For lower-fat soup selections, look for lentil, vegetable or yogurt-based soups, order a lemon-egg soup called, *avgolemono*.

There are several lower-fat salad selections including Greek or house salad that are lettuce-based with cucumbers, tomatoes, and onion. Some of these salads will also contain *feta* cheese and olives, so be sure to ask the waiter some questions about the salad. If the salad usually comes with higher-fat additions (e.g., *feta* cheese, olives), ask if they can be left off. Another alternative would be to have them served on the side along with the salad dressing. *Tabouli* is a cracked wheat salad with tomatoes and cucumbers, it can also be very healthy unless it is doused in oil.

Grilling, stove-top cooking, and baking are common methods of cooking. Some lower-fat grilled dishes include: the familiar grilled meat and vegetable skewers (*shish kebab*) and a spiced ground beef with onions and parsley dish called, *kafta*. There is also a lower-fat Middle Eastern version of pizza called *lah me june*.

Two spicy lower-fat sandwich selections are: grilled *gyros* (lamb and beef) and *souvlaki* (lamb). They are served in pita bread with lettuce, tomato, onion, and a sauce (*tzateki*). The sauce may be made with sour cream, plain yogurt, or a combination, so be sure to ask about the ingredients.



Stuffed dishes are also common in Middle Eastern restaurants. The best known are stuffed grape leaves (*dolmas*), but stuffed cabbage and eggplant can also be found. The stuffing can be either a meat or meatless mixture and may contain other high-fat ingredients. So, be sure to read the menu description or ask your waiter/waitress when making your final decision.

Eggplant is an ingredient used in several dishes (e.g., *moussaka* and *sheikh el mahshi*). It is important to note that eggplant entrees that are fried can be high in fat because eggplant absorbs large quantities of oil in cooking.

Finally, there are two cheeses commonly used in dishes-*feta* and *kasseri*. Both cheeses are made from sheep's milk. *Feta* cheese is somewhat crumbly and salty, while *kasseri* is hard and very sharp in flavor. These cheeses are served alone or incorporated into appetizers, salads and entrees.

Italian Cuisine:

Italian cuisine has great variety. What many people in the US consider traditional Italian food (e.g., spaghetti with meat sauces, lasagna and veal parmigiana) are examples of only Southern Italy. Dishes in Northern Italy focus more on rice and polenta, and wine, light cream and butter sauces. *Risotto* and *marsala* are good examples of Northern Italian dishes.

Regardless of the style of Italian cooking (Southern or Northern), both have healthy and unhealthy characteristics. Look at the descriptions listed under 'Italian' on Worksheet Summer 3-2 (pg. 18) to see how familiar you are with this type of cuisine. Pick out the words or menu descriptions that indicate lower- and higher-fat methods of cooking.

- ◆ What menu descriptions would indicate lower-fat selections?
- ◆ What words would indicate higher-fat selections?



Pasta does for Italian food, what rice does for Asian cuisine—it reduces the amount of fat in the meal. For more information about higher- and lower-fat menu descriptions and selections, look at the Quick Tips for Italian Restaurants (booklet).

There are many different forms of pasta available (linguini, ziti, etc.). The problem arises when the pasta is topped or stuffed. Choose tomato or red clam sauces for your pasta; they add flavor without adding too much fat. Keep an eye open for pastas that are served with higher-fat cream sauces (e.g., *alfredo*, *pesto*). Also, limit the stuffed pastas, such as ravioli, cannelloni, and manicotti because they are usually stuffed with cheese.

You can also look for grilled items on the menu, particularly fish and poultry selections. Make sure that any sauce that accom-

panies the grilled or baked main dish is a lower-fat alternative (e.g., *marinara*, *cacciatore*, *piccata*, etc.).

Two newer selections you might see on Italian menus are *risotto*, a round-shaped Italian rice and *polenta*, a cornmeal or maize porridge. Unfortunately, both of these foods can be made with added fat (e.g., butter, cheese and sausage). So watch your menu and look for lower-fat varieties such as *risotto primavera* and grilled polenta, rather than fried.

Think about the extras that may accompany your meal. To reduce fat, order your salad dressings and Parmesan cheese, on the side. You could also ask for a lower-fat alternative dressing, such as a flavored vinegar. Finally, consider ordering plain Italian bread instead of garlic bread, oozing with butter or margarine.



What Should I Order?

Now it's time to consider how you will apply your new knowledge. Think about the dining out skills you've already developed during the first year.

Take a look at the "Quick Tips" booklets for the various international restaurants. Review the lower-fat menu suggestions, the key menu descriptions, and the basic questions to ask the waiter.

Remember, each restaurant prepares food differently. Some of the "lower-fat" menu choices suggested in the booklets may be the best selections available for a specific cuisine, but still be considered high-fat for WHI goals. So, it's important to ask questions

about ingredients and preparation methods, and to make special low-fat requests.

Use Worksheet Summer 3-3 (pg. 19) to keep track of your ideas and strategies.

Consider the skills and strategies that have helped you in the past, particularly:

- ◆ **Know your eating out mindset ('pig-out' time or planned event).**
- ◆ **Know your restaurant and the selections available.**
- ◆ **Have a plan.**
- ◆ **Limit amounts of higher-fat foods.**
- ◆ **Watch for ways to get more F/V and G servings.**

For additional ideas, go back and review the information provided in Session 6 (Worksheets 6-1 and 6-3) and the handouts - *Dining Out the Low-Fat Way*, and *Eating Out in Ethnic Restaurants* in the Resource section of your Participant Manual.

Summary

When dining out at an international restaurant, your lower-fat eating patterns may be challenged for many different reasons. Whatever the

reasons, don't use the challenges as an excuse to throw caution to the winds and eat everything just because it's different. Be assertive, ask questions and make special requests.

Plan ahead and make lower-fat menu selections that will help you maintain your WHI eating pattern.

Questions for further thought:

- ◆ If you know you are going to eat a different international cuisine, what plans would you make ahead of time?
- ◆ What information will you use to make your menu selections?
- ◆ What special requests would you make to help maintain your WHI eating pattern?
- ◆ What other dining strategies do you think would be useful in handling the type of international dishes offered?

Home Activity

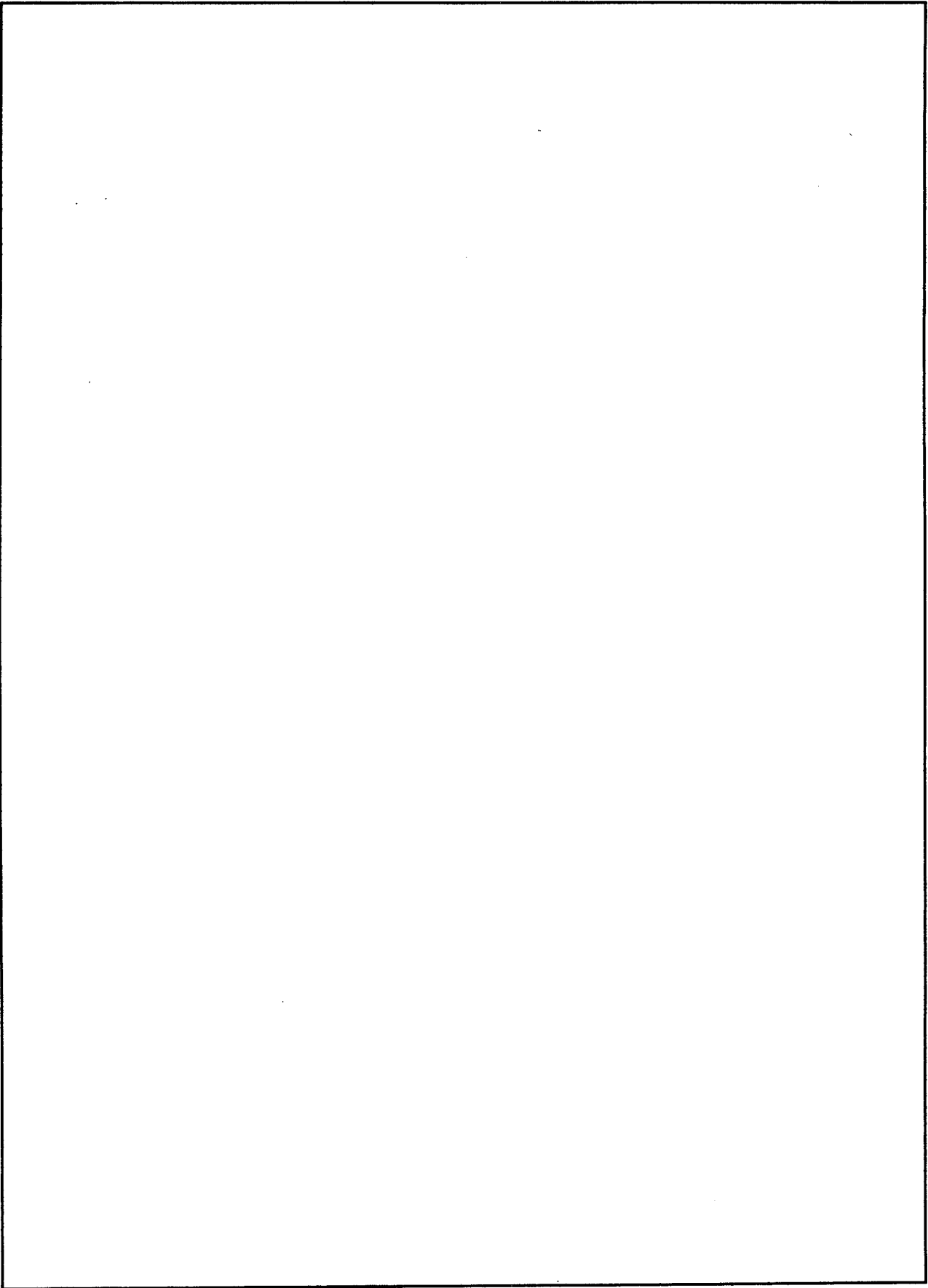
Areas to work on during the next three months:

- ◆ **Use the Fat Scan (or other self-monitoring method) to monitor your intake of fat, fruits/vegetables and grains.**
- ◆ **Go to a favorite international restaurant (fast-food or regular type). Use the strategies and information provided in the Summer 3 session to make wise menu decisions and maintain your WHI goals.**

Evaluation:

- ◆ **What did I do to plan ahead for my international restaurant meal?**

- ◆ **How did the my strategies help me maintain my WHI nutrition goals?**



Where Do I Go to Eat International Foods?

The type(s) of international cuisine I currently eat or would like to eat more frequently:

	Eat Frequently	Sometimes	Rarely or Never	Would Like to Eat More Often
Chinese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Japanese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thai	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Indian	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mexican	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Greek	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Middle Eastern	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Italian	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: (Please specify):				
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Some of my favorite dishes are: _____

Excuse Me Waiter, What's in this Dish?

Menu descriptions often give clues about how a food is prepared and whether it is higher or lower in fat. Some menu descriptions, you already know from Session 6 and your own experience reading different restaurant menus. Consider using these menu clues to help you narrow your selections before asking your waiter or waitress for further information.

International restaurants use similar descriptions, but in addition they have some new descriptions. See which descriptions you already know. Place an 'L' beside menu descriptions that you think would be lower in fat and an 'H' beside the menu descriptions that you think indicate higher-fat items.

Chinese:

Chicken Lo Mein	_____
Chow fun	_____
Crispy Chinese noodles	_____
Egg flower soup	_____
Hoisin sauce	_____
Mu Shu pork	_____
Oyster sauce	_____
Served with peanuts or cashews	_____
Spring roll	_____
Sweet & sour	_____
Szechwan fish	_____
Won ton soup	_____

Japanese:

Agemono	_____
Dashi	_____
Katsu	_____
Miso	_____
Sashimi	_____
Suimono	_____
Sukiyaki	_____
Sunomono/aemono	_____
Tempura	_____
Teriyaki	_____
Tsukemono	_____
Wasabi	_____
Yaki	_____

Summer Worksheet 3-2 (continued)

Place an 'L' beside menu descriptions that you think would be lower in fat and an 'H' beside the menu descriptions that you think indicate higher-fat items.

Thai:

Curry	_____
Fish sauce	_____
Hot and sour soup	_____
Lemon grass	_____
Mee-krob	_____
Pad (Phat) Thai noodles	_____
Peanut sauce	_____
Satay	_____
Stuffed chicken wings	_____
Tamarind	_____
Thai rolls	_____
Thai salads (yams)	_____

Indian:

Chapati	_____
Dahl	_____
Kheer	_____
Korma	_____
Malai	_____
Masala	_____
Pankora	_____
Paratha	_____
Puallo	_____
Raita	_____
Samosa	_____
Tandoori/Tikka	_____

Mexican:

Arroz con pollo	_____
Burrito, bean	_____
Carne asada	_____
Ceviche (serviche)	_____
Chimichanga	_____
Chorizo	_____
Fajita, chicken	_____
Gazpacho soup	_____
Pico de gallo	_____
Quesadilla	_____
Tortilla chips	_____
Tostada, beef	_____

Greek and Middle Eastern:

Avgolemono soup	_____
Dolmas	_____
Feta cheese	_____
Gyros	_____
Hummus/hommus	_____
Kebabs	_____
Khoresh	_____
Pita	_____
Spanakopeta	_____
Tahini	_____
Tartor Sauce	_____
Tzatziki	_____

Summer Worksheet 3-2 (continued)

Place an 'L' beside menu descriptions that you think would be lower in fat and an 'H' beside the menu descriptions that you think indicate higher-fat items.

Italian:

Antipasto	_____	Clam sauce, red	_____
Alfredo	_____	Marsala	_____
Biscotti	_____	Parmigiana	_____
Bolognese	_____	Piccata	_____
Bruschetta	_____	Polenta	_____
Cacciatore	_____	Prosciutto	_____
Cannelloni	_____	Tortellini	_____
Carbonara	_____		

International Menu Worksheet

1. Dish I plan to order: _____

2. Questions I would ask the waiter: _____

3. Special requests I plan to make: _____

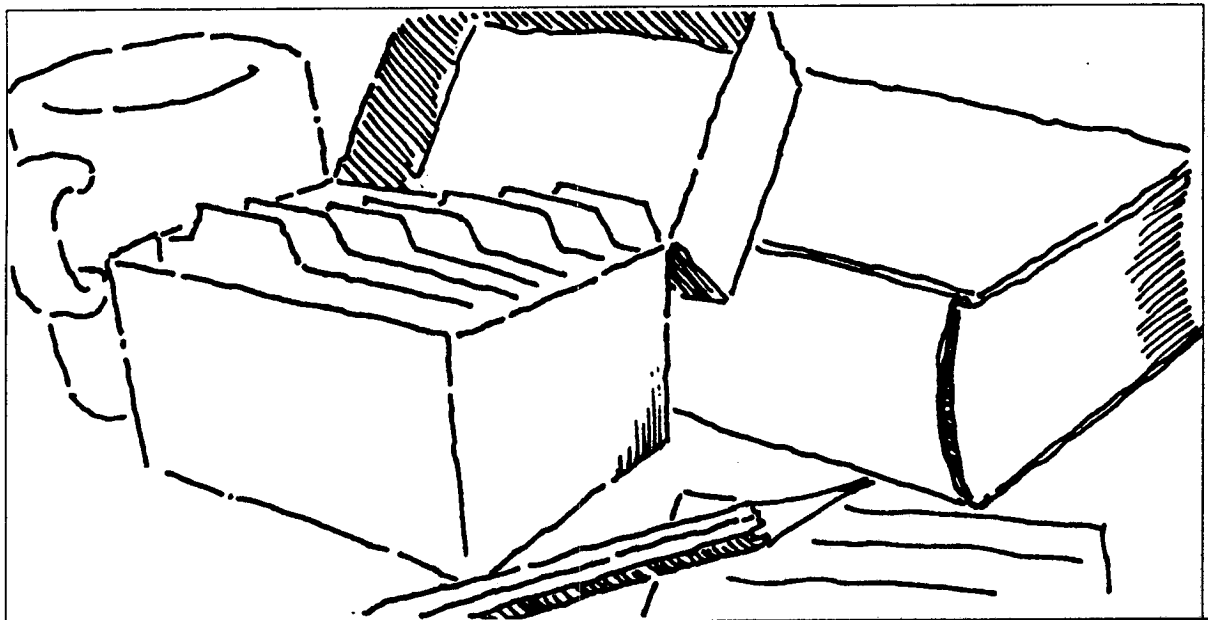
4. Plans I would make ahead of time before going to an international restaurant (e.g., strategies I could use):

5. Strategies I could use at the restaurant (or other social dining situation):

Summer Session

Recipes

- ◆ *Stovetop Cabbage Rolls*
- ◆ *Grilled Chicken Kebabs*
- ◆ *Mexican Dip*
- ◆ *Fettuccini with Light Alfredo Sauce*
- ◆ *Spicy Thai Noodles*



Stovetop Cabbage Rolls

8 small cabbage leaves (about 1 small head)

Filling:

2 cups bulgur wheat, softened
1 cup mushrooms, chopped
1 cup carrot, grated
1/2 cup raisins or dried currants
1/4 cup fresh parsley, chopped
2 tablespoons fresh mint, chopped or 2 teaspoons dried mint
1 can (28 ounces) tomatoes, crushed
2 tablespoons walnuts, chopped or pine nuts (optional)

Cut a circle around the core of a small cabbage to loosen the leaves. Drop 8 large leaves into a large pot of boiling water. Reserve the remaining cabbage for another use. Cook until the leaves are tender (about 4 minutes). Remove the leaves; drain on paper towels immediately. Cut out any thick spines on the leaves.

To prepare the filling, soften the bulgur wheat in a large bowl according to the package directions. Add the mushrooms, carrot, nuts (optional), raisins, parsley, and mint. Mix well.

Spoon the filling evenly into the center of each leaf. Fold in the shorter sides of the leaves and roll up tightly. Secure with toothpicks. Place the rolls in a single layer, in a nonstick skillet and pour tomatoes over the rolls. Cover and cook over medium heat, turning occasionally and spooning sauce over the rolls until heated through (about 15 minutes). Serve immediately.

Makes 8 rolls

Fat: 2 grams per roll
(with nuts)

1 gram per roll
(without nuts)

Fruit/Vegetable Servings:
2 servings per roll

Grain Servings: 1/2
serving per roll

Recipe from Healthy Meals in Minutes

Grilled Chicken Kebabs

1/2 cup plain nonfat yogurt
1 clove garlic, minced
1 tablespoon fresh ginger, grated or 1 teaspoon ground ginger
2 teaspoons curry powder
1 teaspoon sugar
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
4 skinless, boneless chicken breast halves (4 ounces each),
cut into 1-1/2-inch cubes
2 tablespoons lime juice, divided
4 lime wedges for garnish
wooden or metal skewers

In a shallow glass dish, combine the yogurt, garlic, ginger, curry powder, sugar, salt and cayenne pepper. Mix well. Add the chicken to the marinade; turn to coat and then cover the dish with plastic wrap and refrigerate for at least 15 minutes.

Preheat a broiler or gas grill to medium or cook over a charcoal grill. Thread the chicken onto 4 wooden or metal skewers. Discard remaining marinade. Place the kebabs in a broiler pan or on the grill; brush with half of the lime juice. Broil or grill the kebabs about 4 inches from the heat, turning once

and brushing with the remaining lime juice, until cooked through and no longer pink (about 6 minutes per side).

Place kebabs on a serving plate and garnish with lime wedges. Serve immediately with rice or other cooked grain.

To Prepare Ahead: Marinate the chicken and assemble the skewers up to 1 day ahead. Place the kebabs in a glass dish; cover with plastic wrap and refrigerate until ready to broil.

Makes 4 servings (3 ounces each)

Fat: 3 grams per serving

Recipe from Healthy Meals in Minutes

Mexican Dip

1 can (16 ounces) spicy fat-free vegetarian refried beans
1 can (4 ounces) mild green chilies, diced
8 ounces fat-free sour cream
1/2 package taco seasoning mix
1-1/4 cups salsa, drained
1/2 to 3/4 cup green onions, chopped
1-1/2 cups fresh tomatoes, chopped
1 can (2.25 ounces) or 8 medium black olives, chopped
4 ounces fat-free cheddar cheese, grated

Use a blender, hand mixer, or food processor to blend the refried beans and chopped green chilies until smooth. Thinly spread the bean mixture in a 13 x 9-inch glass baking dish (or a large shallow platter). In a small bowl, combine the fat-free sour cream and taco seasoning mix. Spread over the bean mixture. Spread the salsa on top of the sour cream mixture. Sprinkle the scallions, tomatoes, olives, and grated cheese on top of the salsa. Serve the dip with fat-free tortilla chips or pita bread wedges.

Makes about 6 cups (24 servings, 1/4 cup each)

Fat: 1 gram per 1/4 cup

Fruit/Vegetable Servings: 1/2 serving per
1/4 cup

Grain Servings: 1/8 serving per 1/4 cup

Recipe adapted from the Polyp Prevention Trial,
National Cancer Institute

Fettuccine with Light Alfredo Sauce

1 pound fettuccine, linguine or spaghetti, uncooked
1 cup evaporated skim milk
1/2 cup fresh parsley, chopped
1/4 teaspoon white pepper
1/2 cup fresh grated Parmesan cheese (or dry grated)
1 cup green onions, chopped
white pepper to taste

Prepare pasta according to the package directions and drain. In a large sauce pan, bring the evaporated milk to a simmer over moderate heat. Stir in the Parmesan cheese, green onions, and parsley. As soon as the cheese has melted and the sauce is thick and creamy, pour over cooked pasta. Season to taste with white pepper.

Makes 4 servings

Fat: 8 grams per serving

Fruit and Vegetable Servings: 3/4 per serving

Grain Servings: 2-1/4 per serving

Recipe from National Pasta Association

Spicy Thai Noodles

2 tablespoons brown sugar
3 tablespoons soy sauce
1/3 cup rice vinegar
2 tablespoons lemon juice
2 teaspoons sesame oil
2 cloves garlic, minced
1/2 teaspoon hot red pepper flakes
8 ounces very thin spaghetti or vermicelli, uncooked
1/2 cup carrot, shredded (about 1 carrot)
1 cup green onion, chopped
1 fresh hot red or green chili pepper, sliced lengthwise very thin
2 cups Chinese cabbage, shredded or bean sprouts
4 ounces small shrimp, cooked or chicken breast, cooked and sliced into thin strips
1/4 cup fresh cilantro, chopped (optional)
2 tablespoons roasted peanuts, chopped (optional)
2-inch lengths of green onion for garnish (optional)

In a large bowl, mix sugar, soy sauce, vinegar, lemon juice, oil, garlic and pepper together. In a large pot cook the noodles al dente (just enough to retain somewhat firm texture) in boiling, salted water. Drain and rinse briefly. Add noodles to soy sauce mixture and toss well. Lift the seasoned noodles onto a warmed serving platter, leaving the extra soy sauce mixture in the bowl. Cover the noodles and keep them warm in a slow oven (about 250°F). Pour

leftover soy sauce mixture into a large skillet or wok. Stir-fry carrot, onion, and pepper for 1-2 minutes. Add cabbage (or bean sprouts), shrimp and cilantro (if used). Stir-fry for 2-3 minutes, allowing the liquid to reduce somewhat. Add the vegetable mixture to the noodles and mix gently. Garnish with peanuts, 2-inch lengths of onion and cilantro, if desired). Serve hot as a main course or at room temperature as a main dish salad.

Makes 4 servings.

Fat: 5 grams per serving
(without peanuts)

7 grams per serving
(with peanuts)

Fruit/Vegetable Servings:
1-3/4 per serving

Grain Servings: 2-1/4 per
serving

Recipe from Low-Fat
International Cuisine.

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Glossary and Answers to Summer Worksheet 3-2

Chinese:

Chicken lo mein (L)

Stir-fried chicken and vegetables combined with boiled rice noodles. A Chinese version of spaghetti. Ask the cook to go easy on the oil.

Chow fun (L)

A combination of stir-fried meat, cabbage, and mushrooms, with boiled rice noodles and bean sprouts, seasoned with garlic and soy sauce.

Crispy Chinese noodles (H)

Egg noodles that have been fried.

Egg flower soup (L)

A soup made with chicken broth, green onions, sherry, soy sauce and lightly beaten eggs.

Hoisin sauce (L)

A rich, dark, sweet barbecue sauce used for marinades and basting. The sauce is made from soybean flour, chilies, red beans and spices.

Mu shu pork (H)

A dish consisting of shredded pork, dried lily buds, mushrooms, scallions, soy sauce, sherry, and seasonings. The mixture is stir-fried then mixed with scrambled eggs, rolled in individual pancakes and served hot.

Oyster sauce (L)

A sauce made from oysters cooked in soy sauce and brine. Used as a seasoning in stir-fried dishes, and with seafood, poultry, soups and fried rice.

Served with peanuts or cashews (H)

Dishes served with peanuts or cashews, such as Kung Pao Chicken or Almond Chicken.

Spring roll (H)

Thin sheets of dough filled with meat, seafood, or vegetables and rolled into logs. The rolls are usually deep-fried, but they may also be steamed.

Sweet & sour (H)

The sauce is not high in fat, however most sweet and sour Chinese dishes contain foods that have been breaded and deep-fried.

Summer Resource 3-1 (continued)

Won ton soup (L)

A clear soup containing won tons. It is seasoned with scallions and soy sauce and garnished with strips of pork or cooked egg.

Japanese:

Agemono (H)

A Japanese cooking method in which food is fried without first being dipped in batter.

Dashi (L)

A fish stock made with dried bonito and seaweed. It is used in soups, sauces and marinades.

Katsu (H)

The Japanese word meaning 'fried'.

Miso (L)

A paste made from cooked, fermented soybeans.

Sashimi (L)

Thinly sliced raw fish.

Suimono (L)

A clear fish or meat soup containing vegetables and various seasonings, such as soy sauce and dashi.

Sukiyaki (L)

A Japanese one-pot meal (*nabemono*), usually sautéed, consisting of meat (usually beef), cut into thin slices, vegetables, mushrooms and seasonings, such as soy sauce and dashi.

Sunomono/aemono (L)

A salad (fish, meat or vegetables) prepared with vinegar and spices.

Tempura (H)

A form of cooking where the fish or vegetables are dipped in a light batter and deep-fried.

Teriyaki (L)

A form of cooking where meat (beef, fish, shellfish, or chicken) is marinated in soy sauce, ginger and other spices and then grilled or broiled.

Tsukemono (L)

Pickled vegetables served with a meal.

Wasabi (L)

Japanese horseradish used as a dipping sauce for sushi and sashimi.

Yaki (L)

The Japanese word meaning 'broiled'.

Thai:

Curry (H)

The Thai word meaning curry is 'gaeng'. In Southeast Asia curries, are made by cooking the meat in coconut milk, adding the spices and then simmering for a long time period.

Summer Resource 3-1 (continued)

Fish sauce (L)	<i>Nam pla (nuoc mam)</i> is a sauce made with fermented fish or shrimp. It is used like soy sauce in flavoring dishes.
Hot and sour soup (L)	A lemony chicken broth with red pepper, mushrooms, onions, coriander and lots of seafood.
Lemon grass (L)	A tall grasslike plant with a strong lemony-citrus flavor. It is used to flavor spice pastes, soups and stew dishes.
Mee-krob (H)	A fried noodle dish.
Pad (Phat) Thai noodles (H)	A noodle dish consisting of noodles fried with bean sprouts, and tofu. The dish is topped with green onions, chopped peanuts and shrimp or strips of chicken.
Peanut sauce (H)	A sauce made from ground peanuts, hot pepper paste, onion, garlic, brown sugar and soy sauce. Used as a condiment for satay dishes.
Satay (L)	Barbecued meat skewered on thin bamboo sticks, dipped into a very spicy marinade and grilled.
Stuffed chicken wings (H)	A deep-fried appetizer consisting of a chicken wing stuffed with ground pork and vegetables.
Tamarind (L)	A sharp, acid-tasting fruit used to make a sauce.
Thai rolls (H)	Crispy, fried vegetable-filled spring rolls (similar to Chinese spring rolls but with different spices).
Thai salads-yams (L)	Salads can be simple garden salads with lots of vegetables or contain fish, meat or seafood. All ingredients are tossed in a bowl with a no-fat salad dressing made from garlic, red pepper, fish sauce, lime juice and sugar. The salad is served on lettuce leaves and sprinkled with chopped peanuts and red pepper flakes.
<u>Indian:</u>	
Chapati (L)	An unleavened bread usually made with whole wheat flour and baked in the shape of a pancake on a hot griddle.
Dahl (L)	Indian term for all varieties of dried beans, split peas and lentils. Legumes are blended into a low-fat, spicy sauce to accompany other Indian dishes.

Summer Resource 3-1 (continued)

Kheer (H)	A rice pudding made with whole milk.
Korma (H)	A spicy cream sauce made with onions, butter, yogurt, and various spices.
Malai (H)	A thick cream made by separating and collecting the top part of boiled milk. It is used in entrees for a thick, creamy sauce.
Masala (L)	A combination entree of meat, poultry or fish and spices mixed with sautéed tomatoes.
Pankora (H)	A deep-fried vegetable fritter.
Paratha (H)	A multi-layered fried bread with butter.
Puallo (L)	Plain basmati rice, cooked with saffron.
Raita (L)	A combination of cucumbers and onions, and plain yogurt used as a 'cooling' condiment for hot and spicy dishes.
Samosa (H)	A deep-fried dumpling stuffed with curried vegetables, such as potatoes, or cauliflower with peas.
Tandoori or Tikka (L)	A cooking method that roasts or bakes the food in a very hot clay oven called a tandoor.

Mexican:

Arroz con pollo (L)	A dish of chicken, rice, tomatoes, green pepper, saffron, and other seasonings. It may contain cheese in some restaurants.
Bean burrito (L)	A warmed flour tortilla wrapped around a bean filling, and eaten sandwich-style or served with a sauce. Leave the cheese off.
Carne asada (L)	Marinated strips of beef, grilled with peppers and served with warm flour tortillas.
Ceviche/serviche (L)	Raw fish, thinly sliced and marinated in juice of lemons or limes. Served with tomatoes, peppers, onions and capers.
Chimichanga (H)	A deep-fried burrito.
Chorizo (H)	A highly seasoned pork sausage.

Summer Resource 3-1 (continued)

Chicken fajitas (L)	Seasoned, stir-fried vegetables and chicken, served with warmed flour tortillas.
Gazpacho soup (L)	A cold vegetable soup made with fresh tomatoes, onions, cucumbers and peppers; flavored with vinegar and olive oil.
Pico de gallo (L)	A very hot salsa made of fresh chilies, onions and tomatoes.
Quesadilla (H)	A flour tortilla folded over on itself with cheese melted in the center. Sometimes chilies, chorizo, chicken, green onions, or other ingredients are added. Served with guacamole, sour cream and salsa.
Tortilla chips (H)	Salted and fried corn tortillas. (15 chips equals one cup and 6 grams of fat).
Beef tostada (H)	A corn or flour tortilla, fried crisp and covered with different layers ground or shredded beef, chopped lettuce, black olives, tomatoes, onions, grated cheese, guacamole, sour cream and salsa.

Greek and Middle Eastern:

Avgolemono soup (L)	A chicken and lemon soup made with avgolemono sauce (lemon, eggs, and a chicken or vegetable stock).
Dolmas (H)	Grape leaves stuffed with cooked rice, ground lamb, onions and spices. They are marinated with olive oil and lemon.
Feta cheese (H)	A white, salty, somewhat crumbly cheese made from sheep's milk and preserved in a salt brine.
Gyros (L)	A mixture of grilled spicy lamb and beef served with lettuce, tomatoes, onions and tzateki sauce on pita bread.
Hummus/hommus (H)	A spread made of mashed chickpeas, garlic, lemon juice, parsley, and sesame oil. It is usually eaten as an appetizer with pieces of pita bread.
Kebabs (L)	Small cubes of meat, fish, or vegetables, marinated in olive oil, lemon juice, and onion and grilled.

Summer Resource 3-1 (continued)

Khoresh (L)	A type of stew made from a combination of vegetables and meats. It is served over rice. Sometimes fruits are added to the stew.
Pita (L)	A flat round bread made with or without a pocket.
Spanakopeta (H)	A spinach and feta cheese pie made with phyllo dough.
Tahini (H)	A paste made from ground sesame seeds and used in hummus and other dishes.
Tartor sauce (H)	A creamy sauce made with ground pine nuts, almonds, walnuts or sesame seeds mixed with lemon juice and garlic.
Tzatziki (L)	A spicy sauce made with either sour cream or yogurt (or a combination). Served with gyros and souvlaki sandwiches.

Italian:

Antipasto (H)	An appetizer plate served at the beginning of a meal, consisting of Italian sausages, marinated vegetables, olives, etc.
Alfredo (H)	A pasta sauce consisting of butter, cream and Parmesan cheese.
Biscotti (H)	A dry cookie flavored with almonds, chocolate or anise seed.
Bolognese sauce (H)	A tomato and meat sauce with cream or milk.
Bruschetta (H)	Grilled slices of bread brushed with olive oil and fresh garlic.
Cacciatore (L)	An Italian word meaning "hunter". Food is usually simmered with onion, garlic, herbs, wine, tomatoes and other ingredients.
Cannelloni (H)	A dish made of tubular-shaped pasta filled with meat, cheese or fish, sauced and baked au gratin.
Carbonara (H)	A rich pasta sauce made of pancetta (pork belly), eggs, and Parmesan cheese.
Clam sauce, red (L)	A low-fat sauce made with clams and tomatoes.

Summer Resource 3-1 (continued)

Marsala (L)	A spicy wine sauce.
Parmigiana (H)	A dish made or seasoned with Parmesan cheese, such as veal or eggplant parmigiana.
Piccata (L)	A dish with a lemon sauce, sometimes breaded and pan-fried.
Polenta (L if not fried)	A cornmeal mush. Cooked with stock or water and flavored with onions, garlic and cheese. May be eaten boiled or sautéed.
Prosciutto (H)	The Italian word for ham. Usually sliced paper thin and served as part of antipasto course.
Tortellini (H)	A stuffed pasta made of little rounds of dough joined at the ends to form a ring.