



International Food

Curry Basics

Oil-1 Tablespoon canola oil for a family-sized portion

Vegetables-cauliflower, sweet potato, asparagus, green beans, bean sprouts, carrots, cabbage

Aromatics-onion, garlic, ginger

Dried Spices-tumeric, curry powder, garam masala, cayenne pepper, coriander, nigella seeds, fenegreek, jarred curry paste

Liquid-chicken or vegetable stock, light coconut milk

Grain-lentils, rice, chickpeas

Bulgur Salad

Bulgur wheat

Parsley

Tomatoes

Cucumber

Onion

Red wine vinegar

Olive oil

Spices (Zaatar, Sumac), salt and pepper

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Hot and Sour Soup

Servings: 4

- 1 quart chicken broth**
- 2 tablespoons low sodium soy sauce**
- crushed red pepper, to taste** *or Sambal*
- 8 ounces shiitake mushrooms, sliced**
- 3 tablespoons rice wine vinegar**
- 2 tablespoons cornstarch**
- 1 each egg, lightly beaten**
- 7 ounces tofu, cubed**
- 2 tablespoons fresh minced ginger**
- 4 each scallions, thinly sliced**
- 1 teaspoon sesame oil**

Set aside 1/4 cup broth, add remaining broth with crushed red pepper and soy sauce to large saucepan. Add mushrooms and simmer about 10 minutes.

Combine 1/4 cup broth with 2T cornstarch. Add to saucepan and bring to a boil just until thickened. While boiling, pour in beaten egg and stir gently.

Reduce heat to low. Stir in vinegar (to taste), tofu, sesame oil and scallions. Squeeze juice from ginger to season soup, discarding the solids.

Per Serving (excluding unknown items): 301 Calories; 7g Fat (18.0% calories from fat); 17g Protein; 51g Carbohydrate; 8g Dietary Fiber; 53mg Cholesterol; 1095mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.