

5 Steps to Flavorful Healthy Eating

Healthy eating can be fun and delicious! With a little know-how and planning, you can build good habits and a nutritious eating plan with your favorite flavors and foods, on a budget. Whether enjoying meals traditional to your cultural heritage, or another country's that you love, the core principles are the same.

Follow this step-by-step guide and enjoy!

1 Start with the basics

Traditional foods differ from culture to culture. But each includes tasty options in all five food groups - fruits, vegetables, grains, protein foods, and dairy. Think about getting a mix of each throughout the day. Try to get at least two or three in each meal and snack!



2 Choose based on YOU

What affects the meals and snacks you eat each day? Taste, time, money, routine, cultural favorites? Nutritious dishes can be familiar, affordable, and great tasting without taking much time. Select recipes with fewer ingredients and steps. No need for fancy equipment!



Pro tip: Opt for one pot! Search recipe sites or social media for inspiration. Play around with flavors.

3 Make over your meals

Each food group contains choices that are more and less healthy. More nutritious options have more fiber, good fats, vitamins, and minerals. Less nutritious options have more sodium, and added sugars. Use food labels to compare products and choose healthier ones more often.

Pro tips:

- ◆ Choose fresh meats and dairy which contain high-quality, nutrient-dense protein.
- ◆ Add fruits and veggies to a dish for more fiber, vitamins, and minerals.
- ◆ Prioritize whole grains like quinoa, teff, wild rice, and millet.



4 Be thoughtful about preparation methods

Use your favorite spices and herbs for maximum flavor and nutrition. Make baking, broiling, braising, and air frying your go-to cooking methods!



Pro tip: For a quick, easy, and well-rounded meal, season a cut of meat (e.g., pork tenderloin or chops). Then, roast in the oven or an air fryer with your favorite veggies (e.g., potatoes and green beans).

5 Stretch your food dollars

Save money when shopping by stocking up on pantry and freezer staples at big box stores. Visit local ethnic grocers for small amounts of specialty ingredients. Be flexible with using what you have on hand.

Pro tip: Use loyalty cards and apps at the stores you visit more often and keep an eye out for sales!





Celebrating Personal Plates Toolkit Facilitator Guide



THE NEED

Dietary recommendations shape nutrition policy, programs, and education nationwide. Current guidance recommends customizing and enjoying food and beverage choices by focusing on eating real food and eating the right amount for you.¹

Nutrition and health professionals can play a vital role in helping individuals build healthier dietary patterns – tailored to their age, gender, physical activity level, cultural background, and personal food preferences – by using food groups as a flexible foundation.

Many traditional foodways already include nutrient-dense ingredients. Culturally familiar dishes can be made healthier while preserving their authentic flavor with:

- ◆ Mindful preparation methods
- ◆ Greater inclusion of underconsumed food groups
- ◆ Strategies to limit highly processed foods, added sugars and refined grains

Herbs and spices can help do the heavy lifting—enhancing the taste and nutrition of recipes in delicious ways.

This Toolkit was developed by a group of stakeholders – California Walnut Commission, McCormick Science Institute, National Pork Board, NASDA Foundation, and Potatoes USA – and facilitated by Nutrition In Demand, using a three-step approach:



Mine Data & Information



Inform with Knowledge & Insights



Perform Testing & Implement



THE APPROACH



Data & information served as the foundation for identifying target populations

Formative discussions with nutrition educators and program leaders revealed food assistance programs' priority languages for material translation, based on participants' countries of origin. These insights were used to guide toolkit development and were further validated using population demographics and prevalence data for diet-related chronic diseases. For example:

- ◆ Among most commonly reported ancestries in the US are African American (25 million) and Polish (9 million).² The most frequent birthplaces of naturalized US citizens include India (6.1%), the Philippines (5.0%), and Vietnam (4.1%). Together, with Mexico (13.1%), these countries comprised one-third of the naturalized citizens in fiscal year 2024.³
- ◆ Between 2010 and 2022, the fastest-growing subgroups of the US population were Asian (34% increase) and Hispanic (26% increase). Individuals from the Caribbean (e.g., Haitian) also represent a growing share of the population.⁴
- ◆ Heart disease mortality is highest among Black individuals (23%), followed by Asian American (19%) and Native Hawaiian or Other Pacific Islander individuals (18%).⁵
- ◆ Diabetes prevalence is highest among American Indian or Alaska Native individuals (16%), followed by Black (13%), Native Hawaiian or Other Pacific Islander (12%), Hispanic (10%), and Asian American (9%) populations.⁶

It's important to remember that each group includes many subgroups with different experiences. Even if people share a cultural background, they can have unique beliefs, habits, and needs. Health professionals should avoid making assumptions and instead personalize their approach to each individual to improve health outcomes.

Based on all the factors, the supporting Partners focused on the following regions and cultures for meal ideas in a menu plan and recipe makeovers: Hispanic (Columbia, Cuba), Asian and Pacific Islander (China, Philippines, Japan, Korea, Vietnam, Thailand, India, Hawaii), Eastern European (Poland, Hungary, Ukraine, Russia), Middle Eastern (Lebanon, Jordan, Syria, Saudi Arabia, Yemen), and African and Caribbean (Nigeria, Haiti).





Knowledge & insights were gleaned by teaming with a multi-disciplinary group of subject matter experts

The team included dietitians and chefs specializing in the targeted cuisines, as well as experts in health literacy, consumer research, and sensory testing. The following process was followed:

1. Partner with at least one subject matter expert (SME) for each cuisine;
2. SMEs identified authentic recipes and staple foods;
3. SMEs modified recipes to be healthier by decreasing nutrients to limit (i.e., saturated fat, sodium, and added sugars) and using spices and herbs to retain and enhance flavor; and
4. Cost out original and modified recipes to ensure that the modified version is either cost-neutral or more economical.



Testing & implementation complete the evidence-based approach

Recipes were tested for taste, authenticity, and price on a larger scale. This process entailed:

1. Beta testing authenticity of modified recipes with SMEs;
2. Conducting home-use testing with diverse individuals who enjoy and cook the selected dishes;
3. Leveraging SMEs to create Toolkit resources (tip sheet, recipe cards, 5-day menu plan, facilitator guide);
4. Designing Toolkit resources to be digitally accessible (e.g., 508 compliant) to those with disabilities; and Working with Partners to promote the resources far and wide.

THE USE

Eating is personal and nutrition education is best personalized. People come from different backgrounds, and their food choices are influenced by their heritage, environment, traditions, and personal experiences. The Celebrating Personal Plates Toolkit is intended to help health professionals and educators work with patients and clients in a way that embraces the various cuisines enjoyed in the US while addressing individual needs. This Toolkit is here to help you meet people where they are, make nutrition advice relevant, and build trust with the communities you serve.

Instead of this...

Building rapport without adapting your communication style

Try this...

Pay attention to communication styles. Learn your own communication habits, verbal and nonverbal, and observe how your client communicates. Whether they're direct or indirect, take time to listen, stay flexible, and shift your approach as needed.

Why it works

People engage more when they feel understood and respected.⁷ Being patient and open to different communication styles builds trust and allows for better conversations about health.

Building rapport without adapting your communication style

Use the Toolkit as a flexible guide. Work with clients to see how the diverse meals they naturally enjoy fit into their lifestyle rather than forcing them into a new framework.

Many cuisines are served differently⁸—like one-pot dishes or shared plates. Helping people see how their foods fit into healthy eating builds confidence rather than resistance.

Suggesting ingredient swaps that ignore heritage

Respect the role of traditional ingredients. Collaborate with clients to find alternatives that make sense within dishes, rather than offering random swaps.

Food is identity. Dismissing key ingredients can feel like an attack.⁹ Thoughtful adjustments show respect and build trust.

Assuming everyone understands portion sizes in cups and teaspoons

Use real-life references. Explain portion sizes using everyday objects, like hands, plates, or bowls. You can also ask clients to bring their own plates or serving utensils to make it feel more real and personal.

Many people don't use measuring tools daily. Practical examples make portion guidance more relatable.¹⁰

Setting health goals based on generalized "healthy eating" rules

Make health goals personal. Recognize that "healthy eating" can look different for everyone. Help clients set goals that align with their priorities, values, food access, etc.

People are more likely to stick to health goals when they feel heard, and their background is respected. A personalized, relevant approach makes healthy eating feel sustainable.



Effective communication is a personalized and ongoing process. It's important to treat every patient or client as unique, be curious, and learn about each individual's needs. By staying open and listening, you can provide the best care that respects the person while promoting healthier eating habits.



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◀ Eating Well with Traditional Flavors ▶

Mix and match foods you love to build a healthy eating pattern. That means including the right amounts of nutritious foods from all five food groups each day.

FRUITS



Apple
Berries
Date
Fig
Guava
Jackfruit
Lime
Lychee
Mango
Melon
Orange
Papaya
Persimmon

Pomegranate
Raisins
Sapote
Soursop

VEGETABLES

Avocado
Bell pepper
Cabbage
Carrot
Collard greens
Cucumber
Eggplant
Green beans
Jicama
Nopal
Okra
Onion
Plantain
Potato
Radish
Tomato
Yucca

GRAINS



Barley
Buckwheat
Bulgur
Chapati
Couscous
Corn bread
Flat bread
Masa harina
Millet
Noodles
Oatmeal
Pita bread
Polenta
Rice
Rye
Teff
Tortillas

PROTEIN FOODS

Beans
Beef
Chickpeas
Chicken
Eggs
Pork
Seafood
Shellfish
Tofu
Walnuts

DAIRY



Buttermilk
Cheese Cottage cheese Kefir

Milk Queso fresco Soy milk Yogurt

SPICES & HERBS

Basil
Cilantro
Cinnamon
Chili powder
Coriander
Cumin
Garlic
Ginger
Mint
Oregano
Paprika
Parsley
Red pepper
Turmeric



Herbs and spices add flavor without extra salt, sugar, or saturated fat!



FLEXIBLE FAVORITES

Each food group offers a variety of options that you can mix and match to suit your lifestyle, personal preferences, and budget. Choose traditional and familiar foods with less highly processed foods, added sugars and refined carbohydrates to feel your best.





Sample Menu Plan



Enjoy a variety of nutritious traditional meals and snacks to meet your food group needs and delight your taste buds with different flavors.



BREAKFAST

DAY 1

Bugeoguk
made with pollack, sprouts, tofu, and dashi stock



DAY 2

Ful medames
made with fava beans, lemon juice and garlic broth; served with tomato, onion, parsley, and whole wheat pita



DAY 3

Jajecznic na Kielbasie
eggs scrambled with kielbasa, onions, bell peppers; toast; orange juice



DAY 4

Korozott
toast topped with cottage cheese, herbs, and pickled radishes; coffee with milk



DAY 5

Pho
made with rice noodles, sliced beef, fresh herbs, and pickled condiments



LUNCH



Cubano
made with pork, Swiss cheese, and pickles



Poke bowl
made with tuna, seaweed, pork, taro leaves, taro root porridge, cabbage, chicken, rice noodles, coconut pudding



Borscht
beet soup topped with yogurt and served with bread



Chicken kabsa
made with chicken, tomatoes, carrots, raisins, and almonds; served with rice



Shish Taouk
made with chicken, chickpeas, bulgur, tomatoes, onion, mint, garlic, parsley, paprika, tahini, lemon juice, and olive oil



DINNER

Melting pot potluck
walnut shrimp with broccoli; egg noodles with pork; snapper, pickled vegetables, and white rice



Aijaco soup
made with chicken, pork, and potatoes; served with a cheese arepa



Pork meatballs
with rice noodles, greens, and pickled vegetables



Bulgogi
stir-fried pork with cabbage, carrots, onions, and chilis; served with steamed rice



Cheese quesadilla
flour tortilla filled with shredded cheese (Monterey Jack, cheddar, Oaxaca, or a blend)



SNACKS

Fruit and cheese charcuterie
apples with blue cheese



Horchata
Walnut dukkah with pita bread and figs



Cafe latte
Yogurt parfait



Grapes with cheddar cheese



Dates and walnuts
with milk



This sample menu meets the daily food group recommendations for individuals needing 2,000 calories per day:

◆◆ 2 cups fruit

◆◆◆ 2.5 cups vegetables

◆◆◆◆◆ 6 ounces of grains

◆◆◆◆◆ 5.5 ounces of protein foods

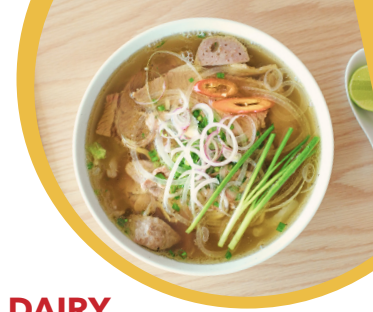
◆◆◆ 3 cups of dairy

Your food group requirements may be more or less depending on how many calories you consume each day.





Your Menu Plan



SAMPLE

Using Day 1
menu from Sam-
ple Meal Plan

FRUITS

*¼ c orange juice
and lime juice
to cook pork
1 ¾ c apples*

VEGETABLES

*1 ¼ c sprouts
1 ¼ c broccoli,
pickled vegetables*

GRAINS

*4 oz baguette
2 oz rice*

PROTEIN FOODS

*½ oz pollack
1 oz tofu*
2 oz pork
2 ½ oz walnuts, shrimp,
pork, snapper*

DAIRY

1 ½ oz Swiss cheese
3 oz blue cheese**



DAY 1



DAY 2



DAY 3



*Quantity equivalents for each food group are:

Fruits/Vegetables (1 cup eq):

1 cup raw or cooked vegetable or fruit; 1 cup vegetable or fruit juice; 2 cups leafy salad greens; 1/2 cup dried fruit or vegetable

Grains (1 ounce eq):

1/2 cup cooked rice, pasta, or cereal; 1 ounce dry pasta or rice; 1 medium (1 ounce) slice bread, tortilla, or flatbread

Dairy (1 cup eq):

1 cup milk, yogurt, or fortified soy milk; 1 1/2 ounces natural cheese or 2 ounces of processed cheese

Protein Foods (1 ounce eq):

1 ounce meats, poultry, or seafood; 1/4 cup cooked beans or tofu; 1 tbsp nut or seed butter; 1/2 ounce nuts or seeds



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❖ Egg Scramble with Potatoes and Plantains ❖

Servings: 4

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes



Ingredients

Plantains and potatoes

- 1 medium-sized potato, washed, cut into ½" dices
- 1 ripe plantain, peeled, cut in quarters lengthwise, then cut into ½" diced pieces
- 2 tbsp canola or vegetable oil, divided
- 1 tsp kosher salt, divided
- ½ tsp black pepper
- ⅛ tsp garlic powder



Instructions

Plantains and potatoes

1. Place cubed potatoes in a bowl, cover with cold water, and let sit for 20 minutes. Drain and rinse with cold water. Pat dry with a towel or paper towel.
2. Set air fryer to 400°F and preheat for 2-3 minutes.
3. Add 1 tbsp oil, salt, pepper, and garlic powder to potatoes and toss to combine. Add potatoes to the air fryer tray in a single layer. Cook for 15-18 minutes. Shake potatoes about every 5 minutes.
4. Add 1 tbsp oil to plantains in a bowl and combine. Add plantains to the air fryer tray. Cook for 5-8 minutes.
5. Salt to taste.



Egg scramble

1. While potatoes cook, add 2 tsp oil to a large nonstick skillet over medium heat.
2. As oil heats, whisk eggs.
3. Once oil is shimmering, add onions and peppers. Sauté until translucent, about 2-3 minutes.
4. Add garlic and baby spinach. Sauté until wilted, about 1 minute.
5. Add the tomatoes, salt, pepper, and red pepper flakes. Cook for an additional 3-4 minutes.
6. Add eggs. Stir to combine with vegetables. Reduce heat to medium-low and cook for 2 minutes.
7. Turn eggs with a spatula and continue cooking for another 1-2 minutes at a time, until eggs reach desired consistency and an internal temperature of 160°F.
8. Remove from heat and serve with plantains and potatoes.

Egg scramble

- 2 tsp canola or vegetable oil
- 4 large eggs
- ½ medium onion, finely chopped
- 1 red bell pepper, finely chopped
- 2 cups baby spinach, loosely packed
- 1 clove garlic, minced
- 1 small tomato, diced
- ¼ tsp red pepper flakes
- Dash of salt



❖ Picadillo Cubano ❖

Servings: 6

Prep time: 20 minutes

Cook time: 45 minutes

Total time: 65 minutes

Ingredients

2 large russet potatoes
2 tbsp vegetable oil, divided
1 medium onion, diced
1 green pepper, diced
2 cloves garlic, minced
1 lb ground beef (90% lean/10% fat)
Water as needed, ~¼ cup
1 cup canned diced tomatoes
1 cup no-salt-added tomato sauce
¼ cup raisins
⅓ cup green olives with pimientos, halved
1 tbsp white vinegar
¼ tsp salt
½ tsp cumin
½ tsp onion powder
½ tsp oregano



Instructions

1. Preheat oven to 375°F.
2. Peel and chop potatoes into ½-inch cubes. Mix with 1 tbsp vegetable oil. Place on a non-stick baking tray or a tray lined with parchment paper. Roast for 30 minutes.
3. Heat 1 tbsp oil in large pan over medium heat. Add diced onions, peppers, and minced garlic. Sauté until onions are translucent.
4. Add ground beef and cook thoroughly. Add water as needed if beef and vegetables begin to stick to pan.
5. Add diced tomatoes and sauce. Cook on low for 5 minutes until beef reaches an internal temperature of 160°F.
6. Add raisins, green olives, roasted potatoes, white vinegar, salt, cumin, onion powder, oregano. Cook on low for an additional 5 minutes.

Enjoy over rice with tortillas.



Option: Try with crumbled tempeh or tofu instead of beef.

❖ Eggplant Fatteh ❖



Ingredients

2 tbsp pomegranate molasses
(if not available, replace with 2 tbsp lemon juice)
1-2 garlic cloves, crushed
2 tbsp olive oil
1 tsp salt
1 eggplant, cubed (about 1 ½ lb)
1 large thin Lebanese flatbread, cut in squares
2 cups plain yogurt
1 tbsp tahini
1 15-oz can chickpeas, drained and rinsed
1 cup walnuts
½ cup fresh coriander leaves, minced
One seeded pomegranate (about one cup)



Servings: 4

Prep time: 10 minutes

Cook time: 30-40 minutes

Total time: 40-50 minutes

Instructions

1. Preheat oven to 350°F.
2. Combine molasses or lemon juice, garlic, olive oil, and salt in a bowl. Add the cubed eggplant, mix, and spread on a baking sheet. Bake until cooked, about 30-40 minutes.
3. Place the flatbread squares on another baking sheet, and grill for 10 minutes or until crunchy.
4. Mix yogurt with the tahini paste.
5. To assemble, layer each bowl with chickpeas, eggplant, yogurt mixture and top with flatbreads, walnuts, coriander leaves, and pomegranate seeds.
6. Serve hot or cold.



❖ Fish Sinigang ❖

Ingredients

3 cups water
1lb white fish, cut into 3-4 pieces*
1 tomato, cut into wedges
1 medium onion, diced
1 daikon radish, cut in ½" slices
1 chili pepper, minced with seed
12 okras (whole)
5 cloves garlic (whole)
1 small ginger root, minced
3 tbsp tamarind paste
2 long eggplants, cut in 3" pieces
1 cup green pepper leaves (or water spinach, marungay, or Indian spinach)
1 tsp MSG

Servings: 4

Prep time: 15 minutes

Cook time: 25 minutes

Total time: 40 minutes



**Recommend Alaskan cod, red snapper, striped bass, rock fish, or flounder with the skin. If using a skinless or non-fatty fish, add sesame oil to taste.*

Instructions

1. In a deep pot, add water, fish, tomato, onion, daikon, chili pepper, okra, garlic, ginger, and tamarind paste. Bring to a boil.
2. Reduce heat and add eggplant. Simmer for 10 minutes, or until eggplant is almost tender.
3. Add green pepper leaves and MSG. Cover and cook until leaves are wilted and until fish reaches an internal temperature of 145°F.
4. Serve hot with a side of rice.



Optional: Garnish with sliced green onion.



❖ Griot with Diri ak pwa (rice and beans) and pikliz ❖

Servings: 6

Prep time: 2 hours overnight

Cook time: 70 minutes for the griot

Total time: 3 hours and 10 minutes



Ingredients

2 lbs pork shoulder, fat trimmed, cut into 1" cubes

1 lime, cut in half

¾ cup sour orange juice (or ½ cup orange juice and ¼ cup lime juice)

1 small onion, finely chopped

2 whole green onions, roughly chopped

4 cloves garlic, minced

1 red bell pepper, roughly chopped

1 Scotch bonnet or habanero pepper, chopped
(for less heat, remove seeds)

4 cloves garlic

1 tsp kosher salt

1 tsp black pepper

2 tbsp olive oil

2 cups water

1 tbsp canola or vegetable oil



Instructions

1. Rinse the pork cubes with water and rub with the lime halves. Pat dry with a paper towel and place in a bowl or in a resealable gallon-sized storage bag.
2. Add the sour orange juice (or orange and lime juices), white and green onions, garlic, peppers, cloves, salt, pepper, and olive oil to the container with the pork. Mix well to fully coat the pork. Cover and marinate in the refrigerator for at least 2 hours, or overnight.
3. Transfer the pork and marinade to a large pot.* Add enough water to cover the pork. Bring to a boil, then reduce heat to low and simmer the pork until tender, for 45 minutes to an hour or until most of the liquid has evaporated.
4. Remove the pork pieces from the pot and set aside. Make sure the surface of the pork pieces is relatively dry to ensure a crispy texture when broiling.^
5. Set the oven to broil on high heat. In a medium-sized bowl, coat pork pieces with oil. Place the pork pieces on a foil-lined baking sheet and broil for 7-10 minutes, turning halfway. The pork pieces should become slightly crispy as they are broiled and reach an internal temperature of 145°F. Remove the sheet from the oven and allow pork to rest for at least 3 minutes. Serve hot.



***Option:** Cook in a slow cooker on high for 60 minutes.

^To reduce food waste, use the braising liquid to make a sauce:

Option 1: Strain the braising liquid and discard the solids. Return the liquid to the pot and bring to a boil. Lower the heat to a simmer and cook until the desired consistency is reached.

Option 2: Blend the braising liquid and vegetables. Reduce over heat for 20 minutes while the pork broils.



◀ Chicken Tikki Masala ▶

Ingredients

Chicken marinade

- 1 ½ lbs skinless, boneless chicken breasts, cut into 1.5" cubes
- 2 garlic cloves, minced
- 2 tsp fresh ginger, finely grated
- 2 tsp ground turmeric
- 1 tsp garam masala
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 ½ tsp salt
- 1 tbsp lemon juice
- 1 ½ cup non-fat, plain Greek yogurt



Instructions

Chicken marinade

1. Cut chicken breasts into 1.5" cubes and pat dry with paper towels to remove excess moisture.
2. In a large mixing bowl, combine the minced garlic, grated ginger, turmeric, garam masala, coriander, cumin, salt, lemon juice, and yogurt.
3. Add the chicken to the marinade and mix until evenly coated. Cover and refrigerate for at least 4-6 hours, or overnight for the best flavor.

Tikki Masala sauce

1. In a large pot, heat oil over medium heat. Add onions and sauté until soft and translucent (~3-5 minutes). Add garlic and ginger, and sauté for another minute until fragrant.
2. Reduce heat to low and add turmeric, garam masala, coriander, cumin, and salt. Stir 1-2 minutes to toast the spices and bring out their flavors. Then, add chili powder and mix well.
3. Stir in tomatoes and increase heat to medium-high. Bring to a simmer then reduce the heat to low and simmer for 10-12 minutes, or until the sauce thickens.
4. Add cauliflower to sauce and cook for 4 minutes. Add peas and cook another 1-2 minutes.
5. Gently stir in the marinated chicken cubes. Cover the pot and cook chicken fully (~10-12 minutes, to an internal temperature of 165°F).
6. Stir in the half-and-half and brown sugar and simmer for an additional 10-15 minutes, allowing the sauce to thicken.*
7. Stir in ¾ cup cilantro.
8. Serve with brown basmati rice or quinoa and garnish with remaining cilantro.



***Recipe note:** If the sauce is too thick, add a splash of water to reach desired consistency.

Tikki Masala sauce

- 2 tbsp canola oil
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 2 tsp fresh ginger, finely grated
- 2 tsp ground turmeric
- 2 tsp garam masala
- 1 tsp ground coriander
- 1 tsp ground cumin
- 2 ½ tsp salt
- 1 ½ tsp red chili powder (adjust to taste)
- 28-oz can crushed tomatoes
- 2 cups chopped cauliflower florets (fresh or frozen)
- 1 cup peas (fresh or frozen)
- 2 cups half-and-half
- 1 tsp brown sugar
- 1 cup fresh cilantro, chopped



Servings: 6

Prep time: 25 minutes plus
marinate 4-6 hours or overnight

Cook time: 50-60 minutes

Total time: 5½ to 7½ hours



❖ Spicy Pork Bulgogi ❖

Ingredients

For the stir fry:

- 1 lb pork tenderloin, thinly sliced
- ½ tsp garlic powder
- ¼ tsp black pepper
- ⅛ tsp salt or MSG
- 1 tsp oil (sesame, vegetable, canola, olive)
- 1 tsp gochujang (or other hot pepper paste), to taste
- 1 10-oz bag shredded cabbage mix
- 1 cup carrots, shredded
- 1 sweet onion, sliced thin

For the pickles:

- 1 bunch radishes, sliced
- 1 seedless cucumber, sliced
- ¼ tsp garlic powder
- ⅛ tsp black pepper
- Dash of salt or MSG
- ½ tsp gochukaru (or other dried hot chili flakes), to taste
- 1 tsp honey or sweetener of choice
- ¼ cup apple cider vinegar

❖ **Optional garnish:** sesame seeds and green onions

Instructions

1. Season pork with garlic powder, black pepper, and salt (or MSG) and let marinate for at least 30 minutes or overnight.
2. In a separate bowl, combine all pickle ingredients and let marinate for at least 30 minutes or overnight.
3. Heat a medium or large pan over medium high heat, add oil, and stir-fry pork and vegetables 5-7 minutes (until pork is tender and cooked to an internal temperature of 145°F). Let rest for 3 minutes.
4. Serve with steamed rice. Garnish as desired.

Servings: 6

Prep time: 10 minutes plus marinating 30 minutes or overnight

Cook time: 15 minutes

Total time: 55 minutes



❖ Pork Cutlet and Potatoes ❖



Ingredients

1 bunch radishes, quartered
1 lb gold potatoes, quartered
1 sweet onion, sliced thin
1 tbsp olive oil
1 lb pork loin cutlets
½ tsp garlic powder
¼ tsp black pepper
⅛ tsp salt or MSG
½ cup Italian-style panko or breadcrumbs
1 cup nonfat Greek yogurt
1 lemon, zest and juice
2 tbsp fresh dill, chopped (or 1 tsp dried)
1 15-oz can sliced beets, drained well
1 seedless cucumber, sliced

Servings: 6

Prep time: 20 minutes

Cook time: 10 minutes

Total time: 30 minutes



Optional garnish: chopped dill and lemon



Instructions

1. Heat oven to 400°F.
2. Mix together the radishes, potatoes, onion, and olive oil on a sheet tray. Roast vegetables for 30 minutes (or air fry until desired doneness).
3. Season pork with garlic powder, black pepper, and salt (or MSG) and place on a sheet tray.
4. Sprinkle on panko or breadcrumbs and bake for 15-20 minutes (or air fry) and cook to an internal temperature of 145°F. Let rest for 3 minutes.
5. While pork is resting, mix together the yogurt, lemon zest and juice, and dill.
6. Gently fold in the beets and cucumber.
7. Serve pork, roasted vegetables, and salad all together. Garnish as desired.



Thai Spiced Slow-Cooked Pork



Servings: 8

Prep time: 20 minutes

Cook time:

Pressure cooker: 45 minutes

Stovetop in a saucepan: 2 hours

Slow cooker: 3 hours

Total time:

Pressure cooker: 65 minutes

Stovetop in a saucepan: 2 hours and 20 minutes

Slow cooker: 3 hours and 20 minutes



Instructions

1. In an 8-10 qt saucepan, pressure cooker, or slow cooker, combine pork, ginger, garlic, cilantro stems, oyster sauce, soy sauce, fish sauce, sugar, cinnamon, and pepper. Add just enough water to cover most of the pork. (Tip: more is not better; you can add more water later, if needed)

Saucepan on stovetop: Bring the mixture to a boil, then reduce the heat to a low simmer, skimming off any scum that rises. Cover and cook on very low heat for 2-3 hours, until the pork is very tender and cooked to an internal temperature of 145°F.

Pressure cooker: Bring up to medium pressure, cook for 15 minutes, to an internal temperature of 145°F, depressurize, and carefully open. Let rest for 5 minutes, then skim scum on top of broth.

Slow cooker: Cook on the highest setting until pork is tender, about 3-4 hours to an internal temperature of 145°F. Let rest for 3 minutes. Skim scum on top of broth.

2. Add carrots and jicama (or daikon), bring back up to boil, and simmer for 10 minutes until tender. If using a slow cooker, keep on high for another 10 minutes, or until vegetables are tender.
3. Stir in the pepper and cabbage.
4. Enjoy as a soup or serve with steamed rice. Garnish with cilantro or cilantro leaves.



Optional toppings:

Chili sauce

Pickled veggies such as carrots, mustard greens, or chilies

Chopped green onions/scallions

Ingredients

3 lb pork leg or trimmed shoulder, cut 2" pieces

3" piece ginger, lightly smashed

8 cloves garlic, smashed

¼ cup cilantro stems, chopped

¼ cup oyster sauce

2 tbsp low-sodium soy sauce

1 tbsp fish sauce

1 tbsp sugar, agave syrup, honey, date syrup

½ tsp ground cinnamon (or 1 tsp five-spice powder)

¼ tsp ground black (or white) pepper

2 to 3 cups water

1 cup carrots, diced

1 cup jicama (or daikon), chopped

1 cup red bell pepper, diced

2 cups green cabbage, shredded

½ cup cilantro leaves or chopped cilantro



❖ Vietnamese Coconut Pork Curry ❖

Ingredients

- 1 lb pork loin, cut into 1" chunks
- ½ tsp black pepper
- ⅛ tsp salt or MSG
- 1 tbsp curry powder (without salt)
- 1 14.5-oz can diced tomatoes
- 1 bunch green onions or 1 small onion, chopped
- 4 large potatoes, diced
- 1 14.5-oz can coconut milk
- 2 cups water or unsalted broth
- 1 lb carrots, sliced
- 1 lb bag green beans, frozen



❖ **Optional garnish:** basil and cilantro

Instructions

1. Season pork with black pepper and salt (or MSG) before placing into a slow cooker insert.
2. Add in tomatoes, onion, potatoes, coconut milk, and water or broth.
3. Cook curry on low heat for 4 hours until pork mixture is tender and cooked to an internal temperature of 145°F. Let rest for 3 minutes.
4. Add in carrots and green beans and cook for an additional hour.
5. Serve hot. Garnish as desired.

Servings: 4

Prep time: 5 minutes

Cook time: 5 hours

Total time: 5 hours and 5 minutes

