

Asian Style Cooking: The Healthy Way

Try these healthy and delicious dishes that are easy and fun to make!

On the Menu

Mango Lassi

Kimchi Tuna Rice Balls



Mango Lassi

Yields: 3 servings

*1 serving- 139 Calories,
27g Carbohydrates, 9.2g
Protein, .3g Fat*

Ingredients

- 1 Mango, chopped
- 6 oz fat free Greek yogurt
- 2 tsp lime juice
- 1 ½ Tbsp sugar/honey
- 1 cup crushed ice

Instructions

Combine all ingredients in a blender.
Blend until smooth





Kimchi Tuna Rice Balls

Yield – 20 golf size balls

Recipe - 44 Calories, 7g Carbohydrates, 3g Protein, 0g Fat



Ingredients

- 1 cup sour kimchi, chopped
- 1 (5oz) canned tuna, drained
- 3 Tbsp kimchi juice
- 2 green onions, chopped
- 1 tsp sesame oil
- 4 cups cooked brown rice
- 1-2 sheets plain or seasoned roasted seaweed

Instructions

Sauté kimchi in kimchi juice over medium heat for 2 minutes. Add tuna and stir to continue sautéing until kimchi is somewhat soft and the mixture seems a little dry.

Add green onion and heat through. Add sesame oil and stir. Set aside to cool a little.

Season rice with a couple of pinches of salt.

To make rice balls, mix kimchi tuna filling, 1 tablespoon sesame seeds with rice. Roll the mixture to make small balls.

Crush roasted seaweed in a plastic bags until they get crushed into small pieces. Roll the rice balls to coat with seaweed.