



Asian Entrées that Help Prevent Cancer

You get a double win when you try these flavorful recipes. Ingredients like garlic, broccoli, and fiber-rich beans provide proven nutrition that increases overall health and lessens your chances of developing a variety of cancers. At the same time, you'll enjoy new flavors that are a little exotic and very tasty. Visit the Far East with these delicious and healthy recipes.

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Asian Entrées that Help Prevent Cancer

Preparation time: 10 min Cooking time: 10 min Servings: 4



INGREDIENTS

- 1½ tbsp oil
- ¼ cup hoisin sauce
- 1½ tbsp soy sauce
- 1 red bell pepper, thinly sliced
- ½ cup bean sprouts
- ¼ Chinese cabbage, shredded
- 4 shallots, or green onions, chopped
- 1 tomato, diced
- 13¼ oz firm tofu, drained and cut into ¾ inch cubes
- 1 clove garlic, crushed

COOKING DIRECTIONS

Heat oil in a frying pan over a moderate to high heat. Sauté garlic; add tofu, and cook for about 5 minutes, or until crispy.

Add shallots or green onion, cabbage, red bell pepper, and tomato to pan; cook 3-4 minutes over high heat.

Stir in soy sauce and Hoisin sauce.

Top with fresh bean sprouts and serve with rice.

NUTRITION FACTS PER SERVING

Calories 260
% Calories from Fat 48.5%

Total Fat 14g
Saturated Fats 1.9g
Monounsaturated Fats 5.3g
Polyunsaturated Fats 5.5g

Cholesterol 0.5mg

Sodium 620mg

Total Carbohydrates 21g

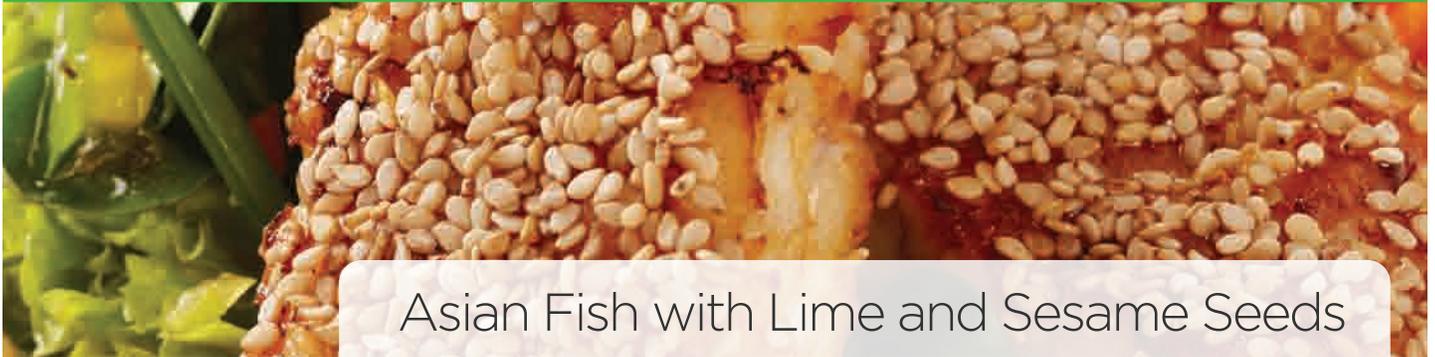
Dietary Fiber 4.3g

Sugar 7.7g

Protein 18g

Asian Entrées that Help Prevent Cancer

Preparation time: 10 min Cooking time: 15 min Servings: 4



Asian Fish with Lime and Sesame Seeds

INGREDIENTS

- 1 1/3 tbsp oil
- 1 1/4 inch ginger pieces, grated
- 1 1/3 tbsp Mirin or white wine
- 1 lb whitefish fillets, boneless, cut into bite-sized pieces
- 3 cloves garlic, finely chopped
- 1/2 lime, juiced
- 1/4 cup teriyaki sauce
- 4 shallots or green onions, sliced
- 1 1/3 tbsp sesame seeds, toasted
- 1/2 bunch basil leaf, torn into small pieces

COOKING DIRECTIONS

Heat oil in a frying pan over medium heat; add garlic, ginger, and shallots; sauté for 1-2 minutes.

Add fish pieces and cook for 1-2 minutes. Add teriyaki sauce, Mirin or white wine, and lime juice. Continue to cook until fish is cooked through.

Sprinkle with sesame seeds and garnish with basil.

Serve with rice.

NUTRITION FACTS PER SERVING

Calories 320
% Calories from Fat 42.2%

Total Fat 15g
Saturated Fats 2.3g
Monounsaturated Fats 7g
Polyunsaturated Fats 4.5g

Cholesterol 96mg

Sodium 820mg

Total Carbohydrates 9.8g
Dietary Fiber 0.8g
Sugar 2.9g

Protein 33g

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Asian Entrées that Help Prevent Cancer

Preparation time: 15 min Cooking time: 10 min Servings: 6



Chinese Apricot Chicken

INGREDIENTS

- ½ cup water
- ½ cup sugar
- 2 tbsp peanut oil
- 2 tbsp cornstarch
- ½ cup rice vinegar
- 4 lb whole chicken, cut into small pieces
- 6 fresh ripe apricots, cut in half
- 3 tbsp soy sauce
- ¼ cup ketchup
- 3 green onions, cut into thin slivers
- 2 tbsp dry sherry (optional)

COOKING DIRECTIONS

Rinse chicken pieces.

Combine water, sugar, cornstarch, rice vinegar, soy sauce, ketchup, and sherry if using; set aside.

In a wok or large frying pan, heat peanut oil and stir-fry chicken over high heat for 10 minutes, or until tender and golden brown. Add apricots; stir-fry 1 minute. Pour sauce mixture over chicken. Cook, stirring until thickened.

Garnish with green onion slivers.

NUTRITION FACTS PER SERVING

Calories 870
% Calories from Fat 47.6%

Total Fat 46g
Saturated Fats 12g
Monounsaturated Fats 18g
Polyunsaturated Fats 10g

Cholesterol 270mg

Sodium 810mg

Total Carbohydrates 26g

Dietary Fiber 1g

Sugar 22g

Protein 84g

Asian Entrées that Help Prevent Cancer

Preparation time: 10 min Cooking time: 25 min Servings: 4



Easy Indian Lamb Curry

INGREDIENTS

- 1 onion, diced
- ¼ cup cilantro, leaves, chopped
- 2⅔ tbsp Indian curry paste
- 2 cups coconut milk
- 2 cloves garlic, crushed
- 1 lime or lemon, juiced
- 2 tsp turmeric
- 1 lb lamb leg steak, diced
- 1 tsp brown sugar
- 2⅔ tbsp vegetable oil
- ½ cup dry roasted peanuts, chopped

COOKING DIRECTIONS

Heat oil in a heavy nonstick skillet over medium-high heat. Sauté onion and garlic 1-2 minutes. Add curry paste and turmeric and sauté until fragrant.

Add lamb and cook 2-3 minutes until browned. Stir in coconut milk and simmer 20 minutes or until meat is tender. Stir in brown sugar, lime or lemon juice, and peanuts.

Sprinkle with cilantro before serving.

NUTRITION FACTS PER SERVING

Calories 690

% Calories from Fat 70.4%

Total Fat 54g

Saturated Fats 29g

Monounsaturated Fats 11g

Polyunsaturated Fats 11g

Cholesterol 110mg

Sodium 150mg

Total Carbohydrates 14g

Dietary Fiber 2.6g

Sugar 3g

Protein 42g

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Asian Entrées that Help Prevent Cancer

Preparation time: 10 min Cooking time: 10 min Servings: 4



Asian Shrimp Lo Mein

INGREDIENTS

- 2 cups chicken stock
- 1 tbsp brown sugar
- ¼ cup ground peanuts
- 2 tbsp vegetable oil
- ½ cup cilantro, minced
- 2 tbsp lime juice
- ¼ tsp crushed red pepper, to taste
- 1 tbsp peanut butter
- ½ lb small cooked shrimp
- 6 scallions, slivered
- 1 lb packaged shredded cabbage, or cole slaw mix
- 6 oz ramen noodle soup, seasoning packet discarded

COOKING DIRECTIONS

Heat stock to a simmer in a wok or heavy skillet over high heat. Cook noodles 3-4 minutes, stirring occasionally, until noodles are softened and most of liquid is absorbed.

Remove noodles from pan and set aside. Wipe wok clean with a paper towel.

Return wok to high heat. Add oil. When hot, stir-fry cabbage and scallions 2 minutes until cabbage has wilted.

Stir in noodles and remaining ingredients, except cilantro and peanuts, and stir-fry 2 minutes, until heated through.

Serve with cilantro and peanuts sprinkled over top.

NUTRITION FACTS PER SERVING

Calories 230

% Calories from Fat 43%

Total Fat 11g

Saturated Fats 1.4g

Monounsaturated Fats 2.8g

Polyunsaturated Fats 6.2g

Cholesterol 110mg

Sodium 340mg

Total Carbohydrates 16g

Dietary Fiber 3.8g

Sugar 8.8g

Protein 18g

Asian Entrées that Help Prevent Cancer

Preparation time: 15 min Cooking time: 0 min Servings: 4



Thai Shrimp Salad with Papaya

INGREDIENTS

- 1 green bell pepper, seeded and chopped
- ½ tsp hot pepper sauce
- 1 tbsp ginger, grated
- ¼ cup cilantro, chopped
- 2 tbsp tamari
- 1 lb cooked and peeled shrimp
- ½ cucumber, sliced
- 3 tbsp lime juice
- 2 tbsp honey
- 1 bunch spinach, stemmed
- 3 scallions, minced
- 2 ripe papayas, cubed
- ¾ cup pine nuts

COOKING DIRECTIONS

Combine hot pepper sauce, ginger, tamari, lime juice, and honey in a jar with a tight-fitting lid. Chill while preparing other ingredients.

Combine remaining ingredients, except spinach, in a bowl.

Shake dressing and drizzle over shrimp mixture. Serve on a bed of spinach.

NUTRITION FACTS PER SERVING

Calories 420
% Calories from Fat 40.7%

Total Fat 19g
Saturated Fats 1.7g
Monounsaturated Fats 5.1g
Polyunsaturated Fats 9.4g

Cholesterol 220mg

Sodium 890mg

Total Carbohydrates 35g

Dietary Fiber 6.4g

Sugar 21g

Protein 32g

Asian Entrées that Help Prevent Cancer

Preparation time: 30 min Cooking time: 25 min Servings: 4



Chinese Duck Soup

INGREDIENTS

- 1½ quarts chicken stock
- 12 small Chinese dried mushrooms
- 12 oz boiling water
- 4 scallions, trimmed and chopped
- 1¾ lb Chinese duck, barbecued
- 1 tbsp tamari or soy sauce
- 1 red bell pepper, seeded and sliced
- 1 tsp oyster sauce
- 5 oz canned sliced bamboo shoots, drained
- 3 tbsp dry sherry

COOKING DIRECTIONS

Place mushrooms in a bowl and cover with boiling water. Let stand 20 minutes. Drain and chop.

Remove meat and skin from duck. Chop and set aside. Discard bones.

Bring stock to a boil. Add scallions, tamari, red bell pepper, oyster sauce, sliced bamboo shoots, sherry, and mushrooms and simmer 10 minutes, uncovered.

Stir in duck meat just before serving and simmer until heated through.

NUTRITION FACTS PER SERVING

Calories 600
% Calories from Fat 40.5%

Total Fat 27g
Saturated Fats 9.5g
Monounsaturated Fats 9.5g
Polyunsaturated Fats 3.7g

Cholesterol 190mg

Sodium 940mg

Total Carbohydrates 27g

Dietary Fiber 2.8g

Sugar 8.4g

Protein 58g

Asian Entrées that Help Prevent Cancer

Preparation time: 10 min Cooking time: 30 min Servings: 4



Chinese Pork with Eggplant

INGREDIENTS

- 1 cup long-grain white rice
- 2 tsp soy sauce
- 2 tbsp rice vinegar
- 1/8 tsp chili pepper flakes, crushed
- 1/4 cup carrots, grated
- 1/2 tsp orange rind, grated
- 1 tsp ginger, peeled and grated
- 1/4 red bell pepper, seeded and diced
- 1/4 cup canned water chestnuts, drained and chopped
- 1 1/2 lb pork tenderloin chop, trimmed and cut into 1/4 inch strips
- 3/4 lb eggplant, peeled, cut crosswise into 1/2 inch slices
- 1 cup water
- 1 tbsp olive oil
- 1 cup chicken stock
- 1 clove garlic, crushed
- 1 tsp sesame seeds
- 2 tbsp scallions, minced
- 1/4 cup cilantro, chopped (optional)

COOKING DIRECTIONS

Bring chicken stock and water to a boil in a heavy saucepan over high heat. Stir in rice and return to a boil. Reduce heat to low, cover pan tightly and simmer 20-25 minutes or until rice is tender and liquid is absorbed. Let stand off heat 5 minutes before fluffing with a fork. Set aside and keep warm.

While rice is cooking, preheat oven to 350°F.

Place eggplant slices in a single layer on a baking sheet. Brush with 1 tbsp olive oil. Bake 30 minutes, or until eggplant is tender. Transfer to a platter. Cut eggplant into 2 inch pieces. Cover and set aside.

Heat remaining oil in a wok or heavy nonstick skillet over medium high heat. Sauté pork 4 minutes, stirring frequently. Add remaining ingredients, except sesame seeds and cilantro. Cook 1-2 minutes, stirring constantly, until heated throughout.

Stir in eggplant and toss.

Serve over rice, sprinkled with sesame seeds and chopped cilantro.

NUTRITION FACTS CONTINUE >>

Asian Entrées that Help Prevent Cancer

Preparation time: 10 min Cooking time: 30 min Servings: 4



Chinese Pork with Eggplant

NUTRITION FACTS PER SERVING

Calories 500
% Calories from Fat 39.6%

Total Fat 22g
Saturated Fats 6.9g
Monounsaturated Fats 11g
Polyunsaturated Fats 2.3g

Cholesterol 150mg

Sodium 370mg

Total Carbohydrates 21g
Dietary Fiber 4g
Sugar 4g

Protein 52g

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Asian Entrées that Help Prevent Cancer

Preparation time: 15 min Cooking time: 15 min Servings: 3



Thai Beef Salad Wraps

INGREDIENTS

- 1 lb ground sirloin
- 3 tbsp lime juice
- 2 tbsp Asian fish sauce
- 6 red lettuce leaves
- 1 small red onion, thinly sliced
- 3 tbsp cilantro, chopped
- ¼ tsp crushed red pepper
- 1 tsp ginger, grated
- 3 flour tortillas or lime cilantro flavored tortilla wraps
- 1 scallion, chopped
- 1 clove garlic, crushed

COOKING DIRECTIONS

Place a heavy nonstick skillet over medium-high heat. Sauté ground sirloin, ginger, and garlic for 5 minutes, stirring often to break up meat, until beef is browned.

Stir in lime juice, fish sauce, and pepper. Bring to a boil and cook 1-2 minutes, until liquid is evaporated by half.

Arrange 2 lettuce leaves over each tortilla. Spoon meat mixture over center of each tortilla. Divide remaining ingredients evenly over meat. Fold tortillas, enclosing mixture to make a packet.

NUTRITION FACTS PER SERVING

Calories 540
% Calories from Fat 46.7%

Total Fat 28g
Saturated Fats 10g
Monounsaturated Fats 12g
Polyunsaturated Fats 1.5g

Cholesterol 130mg

Sodium 1200mg

Total Carbohydrates 29g

Dietary Fiber 2.4g

Sugar 2.8g

Protein 42g

Asian Entrées that Help Prevent Cancer

Preparation time: 15 min Cooking time: 330 min Servings: 6



Slow Cooker Asian-Spiced Chicken and Beans

INGREDIENTS

- 1 15 oz can red beans, drained and rinsed
- 1 lb boneless, skinless chicken breasts, cut into ½ inch cubes
- 2 tbsp cornstarch
- 1¾ cups fresh carrots, diagonally sliced
- 2½ tsp garlic, crushed
- 1¾ cups low sodium chicken broth, fat-free
- 2½ tsp ginger, minced, or 1½ tsp ground ginger
- ½ tsp red bell pepper, crushed
- 2½ tbsp low sodium soy sauce
- 4 cups cooked rice
- 1 15 oz can navy beans, drained and rinsed
- 3 tbsp green onion, chopped (optional)
- 3 tbsp peanuts, chopped (optional)

COOKING DIRECTIONS

Place beans, chicken, carrots, garlic, ginger, and 1¼ cup chicken broth in slow cooker; stir well.

Cover and cook on low until ingredients are tender, about 5 hours. Turn slow cooker to high.

Stir in combined cornstarch and remaining chicken broth; stir in crushed red pepper. Cover and cook until thickened, about 30 minutes.

Stir in soy sauce. Serve over rice.

Optional: sprinkle with green onions and peanuts.

NUTRITION FACTS PER SERVING

Calories 460
% Calories from Fat 7%

Total Fat 3.6g
Saturated Fats 1g
Monounsaturated Fats 1.2g
Polyunsaturated Fats 0.9g

Cholesterol 64mg

Sodium 960mg

Total Carbohydrates 68g

Dietary Fiber 8.9g

Sugar 3.5g

Protein 37g