



DELICIOUS FALL **PLANT-BASED** ASIAN RECIPES

**RECIPES
PROVIDED BY:**



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LOTUS ROOT STIR FRY

Enjoy this crunchy and colourful dish of delicious produce. You'll get extra crunch from the lotus root slices and wood ear mushrooms.

 **SERVINGS** | 4 per 185g

NUTRITION FACTS PER 185G SERVING:

97	CALORIES
3g	FAT
0g	SATURATED FAT
0g	TRANS FAT
114mg	SODIUM
13g	CARBOHYDRATE
5g	FIBRE
1g	SUGAR
5g	PROTEIN



INGREDIENTS:

1C	THINLY SLICED LOTUS ROOT (1/8-INCH THICKNESS)
2C	SNOW PEAS
1/2C	RED PEPPERS, SLICED
1/2C	DRIED WOOD EAR MUSHROOMS
4	CLOVES GARLIC, MINCED
1TBSP	GINGER, MINCED
1/2C	NO SALT ADDED CHICKEN BROTH
1TBSP	CORN STARCH
2TBSP	SHAOXING COOKING WINE*
1/2TSP	PINCH SALT
1/2TSP	PINCH SUGAR
2TSP	SOY SAUCE (LOW SODIUM)
1TBSP	BECEL® AVO PLUS OIL

INSTRUCTIONS:

1. In a bowl, soak cover the wood ear mushrooms for 20-30 minutes until rehydrated. You should end up with 1c of hydrated wood ear mushrooms (reserve extra mushrooms for other stir fry dishes). Discard the soaking water.
2. Using a mandolin adjusted to 1/8" thickness, slice the lotus root. **Please note:** Make sure to use the guard. Because the lotus root slices will be so thin, you won't need to blanch them ahead of time. If you don't have a mandolin and need to cut thicker slices, be sure to blanch them ahead of time so that they will be cooked to the proper texture in the stir fry.
3. In a separate bowl, combine chicken broth, soy sauce, sugar and salt. In another bowl, mix the corn starch with 1 tsp water.
4. In a non-stick wok or pan, add oil. Bring to medium-high heat. Add garlic and ginger once oil is heated.
5. Add snow peas, followed by peppers, wood ear mushrooms and lotus root slices. Stir fry for 1 minute.
6. Add Shaoxing cooking wine.
7. Add the sauce (chicken broth, soy sauce, sugar and salt) and corn starch mixture as well.
8. Continue to stir fry for ~5-10 minutes.
9. Your dish is ready to serve.



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*Note: If Shaoxing cooking wine is not available, any regular cooking wine can be a suitable substitute.



STEAMED CHICKEN THIGHS IN BLACK BEAN SAUCE WITH TARO AND WOOD EAR MUSHROOMS

Traditionally, this dish is made with pork spare ribs that can be high in fat and sodium. I've taken a lighter approach by using skinless, boneless chicken thighs and gone lighter with the condiments. If you'd like a more flavourful dish, you can always substitute the boneless, skinless chicken thighs for skin-on, bone-in chicken thighs. Alternatively, you could also try to find the Chinese pork spare ribs the next time you are in an Asian grocery store.

 **SERVINGS** | 4 per 166g

NUTRITION FACTS PER 166G SERVING:

220	CALORIES	250 kcal if optional step is incorporated
9.2g	FAT	13.7 g if optional step is incorporated
2g	SATURATED FAT	2.5 g if optional step is incorporated
0g	TRANS FAT	
360mg	SODIUM	
10g	CARBOHYDRATE	
2g	FIBRE	
1g	SUGAR	
24g	PROTEIN	



INGREDIENTS:

1 LB	BONELESS SKINLESS CHICKEN THIGHS
1 C	TARO (LARGE TYPE) CUBED
½ C	DRIED BLACK WOOD EAR MUSHROOMS
1-2	CLOVES GARLIC, MINCED
2	SLICES GINGER
1	WHOLE GREEN ONION (SLICED INTO 3-4 BIG PIECES; SAVE SOME PIECES FOR GARNISH)
1 TSP	CORN STARCH



MARINADE:

1 TBSP	SHAOXING COOKING WINE (CAN USE MIRIN OR DRY SHERRY AS SUBSTITUTE)
2 TSP	BLACK BEAN SAUCE
1 TSP	LOW SODIUM SOY SAUCE
½ TSP	TAMARI
1 TBSP	BECEL® AVO PLUS OIL (OPTIONAL)
1 TSP	SESAME OIL
½ TSP	OF SUGAR
½ TSP	OF WHITE PEPPER

INSTRUCTIONS:

1. Soak the wood ear mushrooms for 20-30 minutes to let the mushrooms rehydrate.
2. While the mushrooms are soaking, mince the garlic, slice the ginger and green onion.
3. Cut the chicken thighs up into large bite size pieces.
4. Place the chicken into a mixing bowl, and mix in the cornstarch, black bean sauce, low-sodium soy sauce, Tamari sauce, sugar, cooking wine, sesame oil and white pepper. Mix in the minced garlic, and place ginger and green onions near the top of the chicken (for easy removal later on).
5. **OPTIONAL STEP:** Heat a tablespoon of Becel® Avo Plus Oil and pour over diced chicken (this helps bring out the flavour & aromatics of garlic, green onion and ginger).
6. When wood ear mushrooms are rehydrated, place on the bottom of the plate along with the taro. Put the diced chicken on top. Steam for approximately 25 minutes on medium heat.
7. After the chicken is finished steaming, remove and discard the green onion and ginger. Garnish with freshly sliced green onion before serving (optional but is highly recommended for the extra pop of colour and flavour).



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PAPAYA ALMOND SWEET SOUP

During the fall season, it's common for individuals to get a dry throat. In Chinese medicine, northern (*běi xìng*) and southern (*nán xìng*) apricot kernels are soothing to our respiratory tracts. (Northern apricot kernels tend to have a more bitter taste profile whereas the southern apricot kernels tend to have a sweeter taste profile.) Are you a fan of honey lemon water but want to explore other options to soothe your dry throat? Give this easy recipe a try.

 **SERVINGS** | 4 per 79g

NUTRITION FACTS PER 79G SERVING:

98	CALORIES
1g	FAT
0.1g	SATURATED FAT
0g	TRANS FAT
15mg	SODIUM
21g	CARBOHYDRATE
1.3g	FIBRE
18g	SUGAR



INGREDIENTS:

1 L	WATER
½ (250G)	LARGE PAPAYA
5 PITTED	CHINESE RED DATES
1 C	SNOW FUNGUS (CHOPPED UP IN SMALL BITS)
50G	ROCK SUGAR (~½ C)*
1TSP	NORTHERN APRICOT KERNELS WITH SKIN OFF
1TSP	SOUTHERN APRICOT KERNELS

INSTRUCTIONS:

1. Soak snow fungus in a bowl of room temperature water until it is puffed up and turns a whiter shade (~2 hours duration), then carefully drain soaking water. Using a pair of kitchen scissors, trim and discard the dark yellow hard part on the centre underside of the fungus. Cut the rest of the fungus to smaller pieces and set aside.
2. Peel (using a vegetable peeler or knife) the papaya skin. Cut the papaya in half lengthwise and use a spoon to scrape out all the seeds. Cut into small chunks.
3. In a soup pot, add water, fungus, red dates, northern and southern apricot kernels. Bring to a boil and then simmer (ideally, this process should be done in a pot with a clear lid) for 20 minutes. Add papaya pieces and simmer until the papaya is soft (about another 20 minutes or more).
4. Add rock sugar to taste and stir until the sugar is fully dissolved. Serve warm or chilled.



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Please note: Taste wise, rock sugar tastes less sweet than traditional refined white sugar. Depending on the ripeness of the papaya, you can further decrease the amount of sugar because there will be natural sweetness coming from the papaya and dates.



TARO PURPLE RICE SAGO SOUP

As the temperature cools down during the autumn season, individuals may turn to their favourite comfort foods. This creamy and nutty bowl of deliciousness is a healthier spin on a sweet and satisfying treat that is sure to warm you up.

 **SERVINGS** | 4 per 153g

NUTRITION FACTS PER 153G SERVING:

298	CALORIES
12g	FAT
10g	SATURATED FAT
0g	TRANS FAT
15mg	SODIUM
47g	CARBOHYDRATE
3g	FIBRE
19g	SUGAR



INGREDIENTS:

2 C	TARO (BIG TARO) CUBED
¼ C	DRIED SAGO
750 mL	WATER
¼ C	PURPLE RICE (~1/2 C COOKED)
½ C	WATER
75G	ROCK SUGAR (¼ C)*
500 mL	WATER
250 mL	COCONUT MILK (CANNED)
¼ TSP	SALT

INSTRUCTIONS:

1. Peel taro (large size) and cut into 1-inch cubes.
2. Steam the taro cubes for ~20 minutes. Since the taro cubes will be cooked again later on, they don't have to be fully cooked at this stage. However, after steaming, the cubes should have a soft texture.
3. Bring 750 mL of water to a boil in a pot and add the dried sago. Stir continuously for 10 minutes to avoid clumping/sticking. Turn off heat and let sago sit in the pot for 20 minutes to continue the cooking process.
4. Once the sago is cooked, the sago will be translucent in colour. The original colour of sago is white and it will become clear. To stop the cooking process, drain the sago in a sieve and run under cold water. Place the rinsed sago (in a sieve) in a cold-water bath to fully stop the cooking process.
5. Cook the purple rice in the designated amount of water as per instructions on the package. If no instructions are provided on the package, cook the purple rice in the designated amount of water listed above. Bring the rice and water mixture to a boil. Once at a boil, turn down to a simmer. Depending on the type of stove you have, this may take 30-45 minutes. Once the purple rice is done, set aside.
6. Bring 500 mL of water to boil, add rock sugar to taste (this recipe will result in a very lightly sweetened dessert). Once the rock sugar is dissolved, add coconut milk and a pinch of salt. Turn down the heat to a simmer.
7. Add taro cubes. Stir to avoid sticking. Add purple rice. As you add the purple rice, you will see the purple colour coming through.
8. Finally, add the sago.
9. Stir for 5-7 more minutes. Your dessert is ready to be served. Don't forget this dessert can also be served cold if cold desserts are more to your liking.



DRIED SAGO

*Please note: Rock sugar is less sweet than traditional refined white sugar.