

Dragon Fruit Nectar Salad

Ingredients

- 4 Dragon Fruits
- 3 Fresh Mint leaves, shredded
- 1 Tbsp Agave Nectar
(or) Honey

Delicate cactus fruit.
Chop fresh and toss
in salads, or chill,
halve, and scoop
with a spoon.

Preparation

1. Quarter each dragon fruit lengthwise.
2. Peel skin and chop pulp into cubes.
3. Place the fruit in a dish with the mint.
4. Add nectar or honey and toss gently to coat.
5. Let stand for 15 minutes, then enjoy.



Savory Stuffed Bitter Melon

Ingredients

- 2 Bitter Melons, rinsed
- 1 lb. Meat of choice, minced
- 3 Shiitake Mushrooms, minced
- 2 tsp Cornstarch
- 5 tsp Low Sodium Soy Sauce
- 1 Tbsp Rice Vinegar
- 1/8 tsp Black Pepper
- 2 Tbsp Sugar
- 2 Chinese Shallots, chopped
- 3 cloves Garlic, chopped
- 2 Tbsp Cornstarch
- 2 cups Low Sodium Broth
- 2 Tbsp Fermented Black Beans, mashed
- 1 tsp Ginger, minced

Preparation

1. Cut melons into 1-inch segments, scoop out center seeds.
2. Blanch melon segments in boiling water for 2 minutes.
3. In a bowl combine meat, mushrooms, cornstarch, soy sauce, wine, and pepper, mix well.
4. Stuff melon with the meat mixture.
5. Steam in batches for 20 minutes each.
6. In a wok, heat oil with garlic, ginger, broth, black beans, and sugar.
7. Mix well, then add melon segments and simmer 2 minutes.
8. Mix cornstarch with 1/4 cup cold water, then add to wok.
9. Simmer and stir until thick and bubbly.
10. Serve with rice, top with shallots, and enjoy.

Bok Choy Soup

Ingredients

3 cups Low Sodium Broth
10 Bok Choy leaves,
rinsed & sliced thin
2 tsp Low Sodium Soy Sauce
2 tsp Sesame Oil
1 tsp Red Pepper flakes
2 Garlic cloves, peeled
& chopped

Use this cabbage green like spinach or chard. Add to stir-fries, chop fresh for salads, or wilt over your mashed potatoes. Cabbages are an excellent source of vitamin C.

Preparation

1. Bring chicken broth to boil in medium saucepan.
2. Stir in pepper flakes, soy sauce, sesame oil, and garlic.
3. Stir in bok choy strips.
4. Simmer for 10 minutes, then enjoy.



Longan Salad with Chicken

Ingredients

- 1/4 cup Macadamia Nuts, chopped
- 2 cups Chicken, cooked & sliced
- 6 Lettuce leaves, rinsed & torn
- 2 cups Longans, peeled, halved & deseeded
- 2 cups Snowpea Sprouts, rinsed & trimmed
- 2 Tbsp Olive Oil
- 1/2 Lemon, juiced
- 3 Tbsp Fresh Mint leaves, shredded

Preparation

1. Gently toss lettuce, longans, and snowpeas in a dish.
2. Combine oil, lemon juice, and mint leaves and mix well.
3. Gently toss the dressing with veggies in the dish.
4. Serve each plate with salad and chicken slices.
5. Top with chopped macadamias, and enjoy.

Delicately sweet flesh with a white eye-shaped mark on the pit. Peel and eat fresh in hand or cook gently to heighten flavor.

Star Fruit Avocado Salad

Ingredients

- 2 Star Fruits, rinsed & sliced
- 1/2 Red Onion, medium, sliced thin
- 8 Cherry Tomatoes, rinsed & halved
- 1 Avocado, sliced
- 6 Lettuce leaves, rinsed & torn
- 1 Tbsp Vinaigrette

Ripen at room temperature until fragrantly sweet. Toss stars in your salads or use them as a juicy plate garnish. Star fruit is an excellent source of vitamin C and a good source of fiber.

Preparation

1. Arrange lettuce leaves in serving dishes.
2. Layer tomatoes, onions, and star fruits over lettuce.
3. Top with avocado slices.
4. Drizzle with vinaigrette to taste, and enjoy.



Pomegranate Spinach Salad

Ingredients

- 1 Pomegranate
- 2 cups Fresh Baby Spinach, rinsed
- 1 Carrot, rinsed, peeled & shredded
- 1/2 Red Onion, medium, sliced thin
- 1/4 cup Alfalfa sprouts, rinsed
- 1/2 cup Walnuts, chopped
- 1/2 cup Feta cheese
- 2 Tbsp Vinaigrette

Sweet and mildly tart.
Crack open to scoop out the juicy arils.
Sprinkle over salads, pastas, or desserts.

Preparation

1. Cut open pomegranate and gently scoop out juicy arils.
2. Toss pomegranate arils, carrot, onion, and walnuts with spinach.
3. Top with feta, drizzle with vinaigrette to taste, and enjoy.



Student, Jasmine Villfuerte , Evergreen Campus) likes this recipe

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Stir-Fried Mung Bean Sprouts

Ingredients

1 cup Mung Bean sprouts,
rinsed & well-drained
1 Tbsp Low Sodium Soy Sauce
1/2 tsp Sugar
1 Tbsp Vegetable Oil
2 drops Sesame Oil
Pepper to Taste

Fresh sprouts are delicious in stir-fries, salads, spring rolls, and dumplings. (Cook un-sprouted mung beans for soups and stews.)

Preparation

1. Combine oils and heat in a wok or heavy skillet over medium-high.
2. Combine soy sauce, sugar, and pepper, set aside.
3. Stir-fry bean sprouts in wok for 1-2 minutes.
4. Add soy sauce mixture to wok.
5. Stir fry a few seconds more, serve hot and enjoy.



Prickly Pear Mexican Shrimp

Ingredients

- 2 Prickly Pears, peeled
- 2 Baby Bananas, peeled
- 2 Tbsp Honey
- 1 Tbsp Rice Vinegar
- 1/2 Lemon, juiced
- 1/2 Lime, juiced
- 30 Jumbo Shrimp, peeled & deveined
- 2 Tbsp Chili Garlic Paste
- 1 cup Cilantro, rinsed, large stems removed
- 2 Limes, juiced
- 1 Tbsp Peanut Oil
- Salt & Pepper to Taste
- 3/4 cup Arugula, rinsed & drained
- 2 Tbsp Hearts of palm, sliced

Preparation

1. Combine prickly pears, bananas, honey, rice vinegar, and lime juice.
2. Blend fruit mixture into a smooth vinaigrette.
3. Adjust vinaigrette seasonings to taste.
4. Strain and chill vinaigrette overnight.
5. Combine paste, cilantro, lime juice, oil, and seasonings.
6. Marinate shrimp overnight in lime juice mixture.

At Meal Time

7. Grill shrimp for 3 minutes on each side.
8. Gently toss arugula and hearts of palm.
9. Serve grilled shrimp on beds of arugula.
10. Drizzle with prickly pear vinaigrette, and enjoy.

Stephanie Juarez of Evergreen Campus recommends this recipe

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Chard, Apple & Cherry Salad

Ingredients

- 1 Swiss Chard head, rinsed & torn
- 1 Red Apple, rinsed & chopped
- 1 cup Dried Sweet Cherries, chopped
- 2 Tbsp Sesame Seeds, soaked for 2 hours
- 1 Garlic clove, peeled & minced
- 2 Lemons, juiced
- 1 Tbsp Olive Oil
- 1 tsp Apple Cider Vinegar
- Pinch Salt
- 1 Avocado, sliced
- 4 Chinese Shallots, chopped

Preparation

1. Toss chard in a bowl and rub with salt.
2. Combine cherries, sesame seeds, oil, lemon juice, and vinegar.
3. Combine cherry mixture with chard, mix and press well to wilt.
4. Let stand for 20 minutes, then press in half the avocado.
5. Add chopped apples and toss.
6. Top with other half of the avocado, serve and enjoy.

Mildly sweet and slightly bitter green. Cook like spinach, wilt in soups, or enjoy fresh in salads. Swiss Chard is high in vitamin A and C and high in iron.

Guava Smoothie

Ingredients

- 1 Guava, washed, peeled, halved
- 1 Banana, sliced
- 1 cup Orange Juice
- 1/3 Lemon, juiced
- 1 Tbsp Honey
- 2 cups Ice

Preparation

1. Blend guava and banana until smooth.
2. Add lemon juice and 1/2 cup orange juice, and blend.
3. Add 1 cup ice and blend well.
4. Add honey, remaining orange juice and ice
5. Blend to taste, serve immediately and enjoy.



A student from Evergreen Campus recommends this recipe

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Boiled Jicama

Ingredients

- 1 lb Jicama, rinsed, peeled & cubed
- 4 cups Water
- Pinch Salt
- Bunch Greens, rinsed & chopped

A juicy root, relative of the potato. Add raw to salads for crunch, or season with lime, salt, and chili powder for a fresh snack.

Preparation

1. Bring water and salt to a boil in a medium saucepan.
2. Add jicama, cover, and cook on a low boil until tender.
3. Let stand for 8-10 minutes.
4. Drain water and enjoy hot with wilted greens.



Salsa Verde

Ingredients

- 1-2 pounds Tomatillos, papery husks removed, rinsed & halved
- 1-2 cloves Garlic (peel on)
- 2 Jalapeno (or) Serrano Chili Peppers
- 1/2 cup Onion, chopped
- 1/2 cup Cilantro, rinsed, large stems removed
- 1/2 Lime, juiced
- 1/4 tsp Sugar

Peel off the papery husk and cook for stews and sauces, or slice fresh over cottage cheese.

Preparation

1. Place tomatillos cut-side-down with unpeeled garlic on a foil-lined baking sheet.
2. Roast tomatillos under broiler 5-7 minutes until lightly blackened.
3. Clean and steam chili peppers for 5-7 minutes, or roast cut-side-down under broiler until lightly blackened.
4. Cool peppers in a paper bag.
5. Wear food-safe gloves to peel, halve, and de-seed chili peppers (for extra heat in your salsa, keep some seeds).
6. Combine roasted tomatillos, peeled roasted garlic, roasted chili peppers and remaining ingredients, and blend to preferred texture.
7. Salt to taste and enjoy with veggie spears or savory meals.

Mirian Garcia (Evergreen Campus) recommends this recipe

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Lemon Grass California Ribs

Ingredients

- 2 pounds Pork Ribs
- 1/2 tsp Black Pepper
- 1 stalk Lemongrass, rinsed & chopped
- 1/4 cup Cilantro, rinsed, large stems removed
- 1 Shallot, minced
- 1/4 cup Garlic, minced
- 1/4 cup Ginger, minced
- 1 Hot Red Chili Pepper
- 1 cup Low Sodium Soy Sauce
- 1 1/2 cups Rice Vinegar

Preparation

1. Rinse pork ribs and pat-dry, then rub with black pepper.
2. Wear food-safe gloves to wash, de-seed, and mince chili pepper (for extra heat, keep some seeds).
3. Combine chili peppers with remaining ingredients and mix well.
4. Marinate ribs overnight in lemongrass mixture.

Meal Time

5. Barbecue ribs on medium heat grill for 20 minutes or until well done.
6. Garnish with chopped lemongrass, and enjoy.

Baked Eggplant with Basil

Ingredients

2 Eggplants, small, rinsed
1 handful Fresh Basil leaves,
rinsed & minced
1 clove Garlic, minced
4 tsp Olive Oil
Fresh Ground Pepper to taste

Preparation

1. Lightly oil a baking sheet.
2. Wash eggplants, pierce skin with a fork, and place on baking sheet.
3. Combine basil, garlic, olive oil, and pepper and mix well.
4. Brush eggplants with oil mixture.
5. Bake at 400°F for 30-40 minutes or until light golden brown.
6. Garnish with basil leaves, and enjoy.



A student from Evergreen Campus recommends this recipe

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Soop Naw Mai

Ingredients

- 1/2 lb Bamboo Shoots (or)
- 1/2 jar Thai bamboo shoots, shredded
- 2 cups Water
- 2 Chinese Shallots, rinsed & chopped
- 1 Lime, juiced
- 1/2 cup Cilantro, rinsed, large stems removed
- 6 Lettuce leaves, rinsed & torn
- 1 tsp Dried Thai Red Chili Pepper, ground
- 1 tsp Fish Sauce (or) Low Sodium Soy Sauce
- 2 Tbsp Toasted Rice, coarse ground

Preparation

1. Boil bamboo shoots in water for 10 minutes or until tender (longer for fresh shoots), then drain and cool.
2. Combine shallots, lime juice, chili pepper, and one tablespoon rice, then mix well with bamboo.
3. Serve on beds of lettuce, garnish with cilantro and remaining toasted rice, and enjoy.



Hakeem T. (Evergreen Campus) thought you might like this recipe

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Cambodian Bok Lahong

Ingredients

- 1 Papaya, green, julienned
- 2 Carrots, peeled & julienned
- 3 cloves Garlic, peeled
- 1/2 lb String Beans, trimmed
- 2 Tomatoes, small, diced
- 1/4 cup Dried Shrimp, presoaked
- 1-2 Dried Thai Red Chili Peppers
- 2 Tbsp Roasted Peanuts
- 1/4 cup Fresh Mint leaves
- 3 Tbsp Palm Sugar
- 4 Limes, juiced
- 1 tsp Shrimp Paste
- 2 Tbsp Frozen Pickled Crab
- 1/4 cup Fish Sauce
- 1/2 tsp Salt (optional)
- Pork rinds (optional)

Preparation

1. In a large bowl combine sugar, lime juice, shrimp paste, salt (optional), and fish sauce, then mix well and set aside.
2. With a mortar and pestle smash garlic and chili peppers.
3. Add carrots, beans, crab, papaya, and tomatoes, smashing and mixing thoroughly between each ingredient.
4. Smash in 1-2 cups of sauce and mix well to combine.
5. Garnish with mint and roasted peanuts.
6. Enjoy with pork rinds on the side.

Enjoy this traditional Cambodian New Year recipe

Fa'alifu Fa'i

Ingredients

- 2 bunches Bananas, green, peeled
- 1 can lite Coconut Milk
- 6-8 cups Water
- 1 small Onion, diced
- Salt to taste

Peel and eat, slice for oatmeal and cereal, or sandwich with rice cakes and peanut butter. Bananas are an excellent source of vitamin B6 and a good source of potassium, fiber, and vitamin C.

Preparation

1. Place bananas in a large pot with enough cold water to cover the fruit.
2. Boil until tender when poked with a fork, then drain the water.
3. Add coconut milk, onions, and salt (if desired), and return to a boil.
4. Simmer and stir until the coconut milk is thick and bubbly.
5. Serve hot and enjoy.



Fresh Spring Rolls

Ingredients

- 6 sheets Rice Paper wraps
- 2 Lettuce leaves, rinsed & torn
- 3 ounces Rice Vermicelli Noodles, cooked
- 1/2 cup Cilantro, rinsed, large stems removed
- 12 Mint leaves, rinsed
- 9 Jumbo Shrimp, cooked, peeled, deveined & halved
- 3 Tbsp Water, warm
- 1 Tbsp Fish Sauce
- 1/2 Lime, juiced
- 1 Garlic Clove, minced
- 1 1/4 Tbsp Sugar
- 1/3 Tbsp Garlic Chili Sauce
- 2 3/4 Tbsp Hoisin Sauce
- 1 tsp Roasted Peanuts, minced

Preparation

1. Combine fish sauce, lime juice, garlic, sugar, and sauces, then mix well and set aside.
2. Dip rice paper in warm water to soften.
3. Layer a small amount of rice noodles, herbs, and shrimp at the edge of the paper nearest to you.
4. Fold the ends of each side in, then roll up beginning with the filled-end closest to you.
5. Serve on a bed of lettuce and cilantro.
6. Enjoy fresh with prepared dipping sauce.

Cucumber Tomato Thai Salad

Ingredients

- 1 Cucumber, large, rinsed & stripe-peeled
- 2 Tomatoes, cut in wedges
- 1/2 Red onion, small, sliced
- 1/4 cup Rice Vinegar
- 2 Tbsp Lime, juiced
- 1 tsp Sugar
- 1/4 cup Cilantro, rinsed, large stems removed
- 3 Tbsp Roasted Peanuts, chopped

Preparation

1. Halve cucumber lengthwise, slice thin.
2. Toss cucumber, tomato, and red onion.
3. In a separate bowl combine sugar, vinegar and lime juice, until dissolved.
4. Toss dressing with vegetables, cover and chill 30 minutes or overnight.

Meal Time

5. Garnish with cilantro and peanuts, and enjoy cold.



Broccoli Salad

Ingredients

- 1 lb Broccoli Florets,
cut to bite-size
- 1/2 Red onion, small, diced
- 1 cup Peas (fresh or thawed
from frozen), shelled
- 1/2 cup Almonds, toasted
& slivered
- 1 cup Low Fat Mayonnaise
- 2 Tbsp Apple Cider Vinegar
- 1/4 cup Honey
- 1/2 cup Bacon, cooked
& crumbled

Preparation

1. Bring a large pot of water to boil.
2. Boil broccoli florets 1-2 minutes to desired tenderness.
3. Drain broccoli and cool in ice bath.
4. Toss broccoli with onion, peas, almonds, and bacon.
5. In a separate bowl whisk together mayonnaise, vinegar, and honey.
6. Toss dressing with vegetables and mix well.
7. Chill 30 minutes or overnight, and enjoy cold.

Bahn Mi Sandwich

Ingredients

- 1 Daikon Radish, julienned
- 1 Carrot, julienned
- 1/2 cup Water
- 1/4 cup Sugar
- 1/4 cup Vinegar
- 1 tsp Vegetable Oil
- 2 Tbsp Onion, minced
- 1 clove Garlic, minced
- 6-8 ounces Meat (or) Tofu, seasoned & sliced
- Low-Fat Mayonnaise to Taste
- 1/2 cup Cilantro, rinsed & chopped
- 1 Cucumber, peeled & quartered lengthwise
- 1 Tbsp Low Sodium Soy Sauce
- Jalapeño Pepper slices

Preparation

1. Combine water, sugar, and vinegar, bring to a boil in a saucepan.
2. Transfer to a bowl and cool.
3. Combine daikon and carrot, mix well with sauce.
4. Salt slaw to taste and marinate.

Meal Time

5. Heat oil in a wok over medium-high.
6. Stir-fry onion and garlic for 1-2 minutes.
7. Add meat/tofu and seasoning to wok and stir-fry until cooked, set aside.
8. Halve baguettes lengthwise, brush insides with mayonnaise, and warm.
10. Fill baguettes with equal amounts of meat/tofu, cilantro, cucumber, and slaw. Top with jalapeños to taste and enjoy.

Beef, Lamb or Goat Suqaar

Ingredients

- 1 lb Beef, Goat or Lamb, cubed
- 1 Onion, sliced lengthwise
- 2 Tomatoes, sliced
- 3 Garlic cloves , minced
- 1 Green Onions, sliced
- 2 Green Peppers
- 1 teaspoon Coriander powder
- 2 Jalapenos, seeded & diced
- Salt and Pepper to taste

Preparation

1. Brown the meat in hot oil, season with salt and pepper
2. Add the vegetables (onions, jalapenos, tomatoes, green onions, garlic, green pepper and coriander)
3. Stir until vegetables are tender-crisp
4. Enjoy hot with rice or traditional bread like sabaayad, lahooh, or anjera



Fruit Salad

Ingredients

- 1 Mango, peeled
- 1 Papaya, rinsed
(peel if desired)
- 1 Banana, peeled
- 1 Tbsp of Lemon Juice

Preparation

1. Dice banana, papaya and mango into large bowl, stir in lemon juice, mix well, and enjoy.



Fava Bean & Cucumber Salad

Ingredients

- 2 cups Fava Beans, rinsed, trimmed & cooked
- 2 Cucumbers, peeled & diced
- 2 Tomatoes, diced
- 1 Red Onion, diced
- 3 Tbsp Cilantro, chopped
- ½ Lemon, juiced
- 3 cloves of Garlic, minced
- 3 Tbsp Olive Oil
- 2 tsp Red Chili Powder
- Salt and Pepper to taste

Preparation

1. In a large bowl combine beans, cucumbers, tomatoes, and onion.
2. In a small dish combine cilantro, garlic, lemon juice, olive oil, chili powder, salt, and pepper.
3. Add lemon juice mixture to the vegetables and mix well. Garnish with more cilantro, and enjoy.



Maraq Bilaash

Ingredients

- 2 Tbsp of Olive Oil
- 1 Onion, chopped
- 4 cups Cherry Tomatoes, rinsed
- 1 Jalapeno, seeded & chopped
- 3-4 Okra, small, trimmed
- 2 cloves Garlic minced
- 1 Tbsp Lemon Juice
- 5 Basil Leaves, rinsed

Preparation

1. Sauté onions in hot oil until just tender.
2. Stir-in the cherry tomatoes (whole), jalapeno and okra. Add salt, garlic and lemon juice, then gently mash everything together with a wooden spoon.
4. Add basil leaves. Cover and simmer 5 to 7 minutes
5. Serve with bread, muufo baraawe, anjera, crackers or bagels



Skudahkharis

Somalian Lamb and Rice

Ingredients

- 4 Tbsp Vegetable Oil
- 1 lb lean Lamb, cut into bite-size pieces
- 1 Onion, thinly sliced
- 1 Garlic clove, minced
- 2 Tomatoes, chopped
- 1 tsp Ground Cumin
- 1 tsp Ground Cinnamon
- 1/2 tsp Ground Cloves
- 1/2 tsp Ground Cardamom
- Salt and Pepper to taste
- 3 ounces canned Tomato Paste
- 2 cups raw White Rice
- 4 cups boiling Water

Preparation

1. Brown meat slowly in hot oil over medium-high heat.
2. Add onions and garlic, saute until soft. Stir in spices and tomato paste.
3. Stir in rice. Bring mixture to a boil, then reduce heat, cover and simmer for 20 minutes. Remove from heat and let stand for 15 minutes, then enjoy.





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