Easy Pad Thai
Serves 4
Ingredients
- 8 oz pad thai or lo mein noodles
- 2 tablespoons of vegetable oil
- 1 clove minced garlic
- 2 eggs
- 1 ½ tablespoons soy sauce
- 2 tablespoons lime juice
- 2 tablespoons brown sugar
- 1 teaspoon fish sauce
- 1/8 teaspoon red pepper flakes
- 3 green onions, sliced
- ¼ of a bunch of chopped cilantro leaves
- ¼ chopped peanuts (unsalted)

Directions
1. Bring a large pot of water to a rolling boil. Add the noodles and cook for 7 to 10 minutes or until tender. Drain the noodles and set aside.
2. In a large skillet, heat the vegetable oil over medium heat. Add the garlic and cook for 1 to 2 minutes, or until tender.
3. Whisk the eggs lightly with a fork. Pour them into the skillet and cook just until they solidify, but are still moist, moving the eggs around the skillet slightly as they cook so that they lightly scramble. When the eggs are cooked, remove the skillet from the heat and set aside.
4. In a small bowl, stir together the soy sauce, lime juice, sugar, fish sauce, and red pepper flakes. Pour the sauce into the skillet with the scrambled eggs. Add the noodles and toss to coat in the sauce.
5. Sprinkle the green onions, cilantro, and peanuts over the noodles. Toss lightly to combine. Serve warm

Nutrition facts per serving: 396 Calories, 16 g fat (2 g saturated), 49 g carbs, 3 g fiber, 14 g protein

Spring Rolls
Serves 6
Ingredients
- 6 spring roll wrappers
- 12 medium shrimp (cooked and shelled)
- 1 cup shredded leaf lettuce
- 1/3 cup chopped cilantro
Thai dipping sauce

- 1 tablespoon soy sauce
- 1 tablespoon of white wine vinegar or rice vinegar
- 3 tablespoons mirin
- ¼ teaspoon grated ginger

Directions

1. In a bowl of cool water, soak a wrapper until limp. Lay wrapper out flat. Place 1/6 of each ingredient down middle of wrapper, starting with lettuce. Fold over each end and tightly roll the wrapper around the contents, as if making a burrito. Moisten at seam; press to close.
2. Lay on plate, cover with moist paper towel and refrigerate until ready to serve. Then slice in two and serve with Quick Thai Dipping Sauce, below, or peanut sauce.
3. To make the Quick Thai Dipping Sauce, combine all ingredients in a small bowl.

Nutrition facts per serving: 59 Calories, .3 g fat, 8.9 g carbs, 3.4 g protein

Thai Fried Bananas

Serves 4

Ingredients

- 2-4 regular bananas
- ¼ cup All Purpose flour
- ¼ cup rice flour + 1/3 cup rice flour
- ¼ cup cornstarch
- ¼ teaspoon salt
- 3 tablespoons of dry shredded coconut (unsweetened)
- 1/3 cup cold water
- 1/3 teaspoon baking soda
- 1 large egg
- Few drops of vanilla extract
- ¾ cup coconut oil (for frying)
- 1/3 cup rice flour for coating

Directions

1. Place oil to a depth of 3/4 to 1 inch into a small skillet or wok and heat.
2. Meanwhile, prepare the bananas by peeling and slicing them in half. Then slice each section in half again, but lengthwise this time. (If using mini bananas, simply slice once lengthwise.)
3. In a medium mixing bowl, place all-purpose flour, rice flour, cornstarch, salt, and 2 tablespoons of the shredded coconut and stir to combine.
4. In a measuring cup, mix together cold water with baking soda and pour into bowl with flour mixture. Add the egg and the vanilla. Stir well to create a more-or-less smooth batter.

5. Place remaining 1/3 cup rice flour in a separate, dry bowl and add remaining 1 tablespoon shredded coconut. Mix well and set next to the batter.

6. Dip banana pieces first in the batter, then gently dredge them in the rice flour-coconut mixture. This last step helps firm up the batter and is the secret for creating a crisp (rather than soggy) coating. Your bananas are now ready for frying.

7. Make sure the oil is hot by testing with a breadcrumb. If it sizzles and cooks within a few seconds, the oil is hot enough for frying.

8. Carefully place coated bananas in the hot oil. Fry approximately 1 minute per side, or until batter puffs up slightly and turns light to medium golden-brown. Remove from heat and drain on paper towel.

9. Serve your fried bananas as soon as possible as is or with a side of coconut or vanilla ice cream on the side. For a fancier presentation, place them on a serving platter and sprinkle with confectioners’ sugar.

**Nutrition fact:** Everyone knows bananas are a great source of potassium, but did you know it is also an excellent source of fiber?