Oriental Meals

Healthy Oriental One-Person Meal Suggestions

Here are three Healthy Meals, with an oriental flavour (these recipes make 1 serving but can easily be increased)

Bean Curd and Veggies - ½ lb. tofu (bean curd) cut in squares, seasoned with chopped garlic (1 clove), chopped green onions/scallions (three), and 1 tablespoon soy sauce, stir fried in ½ tablespoon olive oil. Served with chopped green pepper and tomato for a really light meal or with salad and ½ cup of rice for a more filling one.

Chicken and Veggies - Sauté ¼ lb. chopped chicken breast in a small amount of olive oil, allow to cool, while you make a salad of lettuce (2 cups shredded), 1 carrot grated, ¼ red onion slivers, combine chicken, salad and a tablespoon of chopped nuts, and toss with dressing (2 tablespoons fresh lime juice, 2 teaspoons minced ginger, 1 teaspoon honey, 1 clove garlic minced, 1 tablespoon olive oil). Serve alone for a light refreshing meal, or with a slice of garlic toast (toast lightly coated with olive oil and garlic) for a more filling one.

Fish and Veggies - Chop about ¼ lb. of sushi-grade fish of your choice, mix with ½ chopped cucumber, 2 chopped green onions (scallions), 1 clove garlic minced, pour over dressing (2 teaspoons fresh lime juice, 1 teaspoon sesame oil, 1 teaspoon rice wine vinegar, ½ teaspoon hot pepper sauce, ½ teaspoon soy sauce). Serve on a bed of mixed lettuce greens, or with salad and ½ cup of rice.