



Project Lean Recipes

- ❖ **Broccoli Salad**
- ❖ **Broccoli Salad - Modified**
- ❖ **Chicken Luau**
- ❖ **Chicken Luau - Modified**
- ❖ **Chinese Taro Cakes**
- ❖ **Chinese Taro Cakes - Modified**
- ❖ **Chow Mein**
- ❖ **Chow Mein - Modified**
- ❖ **Egg Foo Yung**
- ❖ **Egg Foo Yung - Modified**
- ❖ **Haupia**
- ❖ **Haupia - Modification #1**
- ❖ **Haupia - Modification #2**
- ❖ **Haupia - Modification #3**
- ❖ **Hawaiian Curry**
- ❖ **Hawaiian Curry - Modified**
- ❖ **Pineapple Sorbet**
- ❖ **Portuguese Bean Soup**
- ❖ **Portuguese Bean Soup - Modified**
- ❖ **Portuguese Pot Roast**
- ❖ **Portuguese Pot Roast - Modified**
- ❖ **Portuguese Spice**
- ❖ **Sparkling Lemon Lime Sorbet**
- ❖ **Stuffed Eggplants (Nasu No Ogawa Yaki)**
- ❖ **Stuffed Eggplants (Nasu No Ogawa Yaki) - Modified**

BROCCOLI SALAD

8 servings

4 cups broccoli floweret's and sliced stems

½ cup raisins

1 cup broken cashew nut pieces

½ cup thin slices red onion

½ cup real bacon bits

Dressing: ¾ cup regular mayonnaise

 ¼ cup sugar

 2 tablespoons vinegar

Toss together all ingredients except nuts and dressing. Cover let stand for one hour. Combine dressing ingredients, be sure sugar is dissolved. Add nuts and dressing to vegetables.

Toss and serve.

Nutrition Facts	
Serving Size (107g)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 240
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 4.5g	23%
Cholesterol 15mg	5%
Sodium 360mg	15%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	9%
Sugars 15g	
Protein 7g	
Vitamin A 25%	• Vitamin C 60%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

BROCCOLI SALAD (MODIFIED)

8 servings

4 cups broccoli floweret's and sliced stems

½ cup raisins

½ cup toasted slivered almonds

½ cup thin slices red onion

½ cup slivered dried Canadian bacon (1/4 lb.) or turkey ham
dried in microwave and slivered

Dressing: ¾ cup light mayonnaise (4g fat per
 tablespoon)
 ¼ cup sugar
 2 tablespoons vinegar

(1 cup Kraft Light Miracle Whip dressing can be used
in place of mayonnaise mixed with sugar and
vinegar.)

Toss together all ingredients except nuts and dressing. Cover
let stand for one hour. Combine dressing ingredients, be sure
sugar is dissolved. Add nuts and dressing to vegetables.
Toss and serve.

Nutrition Facts	
Serving Size (105g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 1.5g	8%
Cholesterol 15mg	5%
Sodium 340mg	14%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	10%
Sugars 15g	
Protein 5g	
Vitamin A 20%	• Vitamin C 60%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CHICKEN LUAU

8 to 10 servings

2 ½ lbs. chicken thighs
 1 ½ teaspoon salt
 1 ½ cups coconut milk
 2 lbs. luau leaves

Place chicken in large kettle. Cover with hot water, add salt, bring to a boil, pour off liquid and save. Rinse chicken in warm water. Replace chicken in liquid and simmer until tender. Wash luau leaves thoroughly; remove stems and fibrous parts of veins. Place in covered saucepan, adding 1 cup of water and cook until wilted. Drain. Add fresh hot water, and continue cooking. Drain and add water again and continue cooking once more. When tender, drain, then draw a sharp knife through the luau leaves to cut into small pieces. Add coconut milk to luau leaves. Place chicken in serving dish with 2 cups of hot broth with excess fat removed. Add luau and sauce to chicken and serve hot. Note: fresh or canned spinach may be used in place of luau leaves.

Nutrition Facts

Serving Size (294g)
 Servings Per Container

Amount Per Serving

Calories 390 Calories from Fat 250

% Daily Value*

Total Fat 28g **44%**

 Saturated Fat 13g **65%**

Cholesterol 105mg **35%**

Sodium 490mg **20%**

Total Carbohydrate 9g **3%**

 Dietary Fiber 5g **18%**

 Sugars 1g

Protein 27g

Vitamin A 100% • Vitamin C 90%
 Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

CHICKEN LUAU (MODIFIED)

8 to 10 servings

2 lbs. skinned defatted chicken thighs
 1 teaspoon salt
 1 small piece of garlic, chopped very fine
 1 ½ cups non-fat dry milk powder
 ½ teaspoon coconut extract
 2 lbs. luau leaves for 2 cups cooked ready to serve luau
 (see original recipe for cooking directions)
 5 cups of stock

Place chicken skins and bones in pot with salt. Simmer 1 or 2 hours, drain to bowl, refrigerate, remove fat. Place thighs in large skillet with garlic, sauté turning several times. Add 2 cups defatted chicken broth and simmer. Combine milk powder with 1 cup chicken broth to make paste, add coconut extract. Add 2 cups chicken broth to the cooked luau leaves and cook 20 to 30 minutes. Add milk mixture, combine chicken and luau leaves and serve.

Nutrition Facts	
Serving Size (347g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	6%
Cholesterol 85mg	29%
Sodium 500mg	21%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	15%
Sugars 6g	
Protein 32g	
Vitamin A 100%	• Vitamin C 90%
Calcium 25%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CHINESE TARO CAKES

24 pieces

2 cups diced Chinese taro
 1 ¼ cups water
 1 cup flour
 1 teaspoon salt
 ¾ cup diced char siu
 ½ cup soaked finely diced dried shrimps
 ¼ cup diced ham
 ½ cup chopped green onions
 2 tablespoons chopped Chinese parsley
 2 tablespoons chopped chung choi
 2 eggs
 2 teaspoons toasted sesame seeds

Oil 2 nine inch pans, round or square. Combine all of the ingredients except the eggs and sesame seeds. Pour into pans and cover with aluminum foil. Bake at 300 degrees for 1 hour and 15 minutes. Uncover and cool. Beat eggs and fry slowly. Cut eggs into thin strips. Cut taro cakes into diamond shapes. Garnish with eggs and sesame seeds.

Nutrition Facts	
Serving Size (81g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	4%
Cholesterol 55mg	18%
Sodium 240mg	10%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 7g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CHINESE TARO CAKES (MODIFIED)

24 pieces

2 cups diced Chinese taro
 1 ¼ cups water
 1 cup flour
 ½ teaspoon salt
 ½ cup diced char siu
 ½ cup diced turkey ham
 ¼ cup soaked finely diced dried shrimps
 ½ cup chopped green onions
 2 tablespoons chopped Chinese parsley
 2 tablespoons chopped chung choi
 1 egg
 2 egg whites
 2 teaspoons toasted sesame seeds

Oil 2 nine inch pans, round or square. Combine all of the ingredients except the eggs and sesame seeds. Pour into pans and cover with aluminum foil. Bake at 300 degrees for 1 hour and 15 minutes. Uncover and cool. Beat eggs and fry slowly. Cut eggs into thin strips. Cut taro cakes into diamond shapes. Garnish with eggs and sesame seeds.

Nutrition Facts	
Serving Size (81g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Cholesterol 30mg	10%
Sodium 190mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 5g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CHOW MEIN

6 servings

- ½ lb. Oriental noodles (Chow Mein)
- 3 tablespoons salad oil
- 1 lb. boneless lean steak, chicken or shelled shrimp
- 2 teaspoons sugar
- 1 teaspoon monosodium glutamate (MSG)
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons soy sauce
- 3 cups beef or chicken stock
- 3 tablespoons cornstarch
- 1 lb. chop suey vegetables

Boil noodles until tender; coat with 1 tablespoon of oil; fry in 1 tablespoon oil over medium heat; remove onto platter; keep warm. Heat remaining oil, sauté meat stirring constantly; cook 1 or 2 minutes until just done. Add sugar, MSG, salt, pepper, shoyu and 2 cups of the stock. Add cornstarch to remaining stock, add to meat mixture. Cook until sauce thickens. Blanch vegetables in boiling water; drain. Add to meat sauce. Simmer until vegetables are just wilted or crisp done.

Nutrition Facts	
Serving Size (298g)	
Servings Per Container	
Amount Per Serving	
Calories 400	Calories from Fat 220
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 4.5g	22%
Cholesterol 30mg	9%
Sodium 1780mg	74%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	10%
Sugars 3g	
Protein 18g	
Vitamin A 0%	• Vitamin C 4%
Calcium 2%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CHOW MEIN (MODIFIED)

4 to 6 servings

8 oz. Chow Mein (Oriental type alimentary paste product)

¼ lb. pork cutlet

1 teaspoon oil

1 clove garlic, minced

1 teaspoon sugar

¼ teaspoon pepper

2 tablespoons shoyu

1 lb. chop suey vegetables

2 cups defatted chicken, beef or pork stock

1 cup consommé

3 tablespoons cornstarch

Cook noodles in boiling water 3 to 5 minutes (follow package instructions if there are any). Drain and rinse well in cold water. Sauté pork in non-stick skillet. Remove pork from skillet and set aside. Add oil and noodles to skillet, stir fry for approximately 2 minutes. Place noodles on platter and keep warm. Return pork to skillet with garlic, sugar, pepper, shoyu and 1 cup of the stock. Bring to boil, add vegetables and cook 1 or 2 minutes (vegetables should be crisp). Mix remaining stock with cornstarch, stir into vegetables, let thicken. Pour vegetables and gravy over noodles.

Nutrition Facts	
Serving Size (265g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Cholesterol 15mg	4%
Sodium 870mg	36%
Total Carbohydrate 37g	12%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 12g	
Vitamin A 0%	Vitamin C 6%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

EGG FOO YUNG

4 servings

6 eggs
 1 cup bean sprouts
 1 cup fresh or drained canned shrimp
 ¼ cup sliced or chopped water chestnuts
 ½ cup finely sliced onions
 ½ teaspoon salt
 Dash pepper
 ½ cup oil

Beat eggs lightly. Add bean sprouts, water chestnuts, shrimps, onions and seasonings. Mix lightly. Put vegetable oil into a heavy skillet to a depth of ½ inch and heat. Drop about ½ cup of egg mixture into oil for each patty. Brown both sides, cooking until bean sprouts are tender but still crisp.

Gravy: After cooking Egg Foo Yung, drain off most oil (approximately 2 ½ T.). Add 1 cup hot water, 1 chicken flavored bouillon cube and cook till dissolves. Add 1 tablespoon shoyu, ½ teaspoon sugar and scant tablespoon cornstarch to thicken. Cook until thick and smooth. Pour over patties and serve.

Variation: In place of bean sprouts, etc., use one package of chop suey vegetables or slice your own.

Nutrition Facts	
Serving Size (251g)	
Servings Per Container	
Amount Per Serving	
Calories 430	Calories from Fat 330
% Daily Value*	
Total Fat 37g	56%
Saturated Fat 4.5g	23%
Cholesterol 375mg	125%
Sodium 1050mg	44%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 19g	
Vitamin A 10%	• Vitamin C 8%
Calcium 6%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

EGG FOO YUNG (MODIFIED)

4 servings

2 eggs

8 egg whites

1 cup chopped turkey ham (or 1 cup diced chicken breast or a combination of ½ cup shrimp & ½ cup chicken)

1 pkg. chop suey vegetables (or same vegetables as original recipe)

¼ teaspoon salt

¼ teaspoon pepper

1 tablespoon oil for frying

Beat eggs lightly. Add chop suey vegetables, ham and seasonings. Mix lightly. Rub Teflon skillet with oil after each patty. Drop about ½ cup of egg mixture into pan for each patty. Brown both sides, cooking until bean sprouts are tender but still crisp.

Gravy: After cooking Egg Foo Yung, add 2 cups chicken stock (can be made with bouillon cube, canned or homemade), and cook. Add 1 tablespoon shoyu, 1 teaspoon sugar and 1 ½ tablespoons cornstarch. Cook until thick and smooth. Pour over patties and serve.

Nutrition Facts	
Serving Size (307g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Cholesterol 125mg	42%
Sodium 880mg	37%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	6%
Sugars 4g	
Protein 20g	
Vitamin A 4%	• Vitamin C 8%
Calcium 4%	• Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

HAUPIA

16 servings

3 cups coconut milk
 ½ cup cornstarch
 ½ cup sugar
 ¼ teaspoon salt

Combine sugar, cornstarch and salt. Add coconut milk, stir until smooth and dissolved. Cook over medium heat stirring constantly until it boils. Reduce heat and cook until mixture thickens. Pour into a square 8 x 8 x 2 pan, making a layer about 2 inches thick. Let cool, and cut into 2 inch squares. Serve Hawaiian style on a square of ti leaf.

Nutrition Facts	
Serving Size (55g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 8g	42%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

HAUPIA (MODIFICATION #1)

16 servings

1 cup nonfat milk powder
 2 cups water
 1 cup coconut milk
 ½ cup cornstarch
 ½ cup sugar
 ¼ teaspoon salt
 ¼ teaspoon coconut extract

Combine sugar, cornstarch, milk powder, salt. Add water and coconut milk to dry ingredients, mix until smooth. Cook over medium heat stirring constantly until it starts to thicken, lower heat, add extract, continue to stir and cook for five more minutes. Pour into a square 8 x 8 x 2 pan, making a layer about 2 inches thick. Let cool, and cut into 2 inch squares. Serve Hawaiian style on a square of ti leaf.

Nutrition Facts	
Serving Size (62g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 3g	14%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 3g	
Vitamin A 4%	• Vitamin C 2%
Calcium 10%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

HAUPIA (MODIFICATION #2)

16 servings

1 cup nonfat milk powder
 2 ½ cups water
 ½ cup coconut milk
 ½ cup cornstarch
 ½ cup sugar
 ¼ teaspoon salt
 ½ teaspoon coconut extract

Combine sugar, cornstarch, milk powder, salt. Add water and coconut milk to dry ingredients, mix until smooth. Cook over medium heat stirring constantly until it starts to thicken, lower heat, add extract, continue to stir and cook for five more minutes. Pour into a square 8 x 8 x 2 pan, making a layer about 2 inches thick. Let cool, and cut into 2 inch squares. Serve Hawaiian style on a square of ti leaf.

Nutrition Facts	
Serving Size (62g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1.5g	7%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 3g	
Vitamin A 4%	• Vitamin C 0%
Calcium 10%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

HAUPIA (MODIFICATION #3)

16 servings

1 ½ cups nonfat milk powder
 3 cups water
 ½ cup cornstarch
 ½ cup sugar
 ¼ teaspoon salt
 ½ teaspoon coconut extract

Combine sugar, cornstarch, milk powder, salt. Add water and coconut milk to dry ingredients, mix until smooth. Cook over medium heat stirring constantly until it starts to thicken, lower heat, add extract, continue to stir and cook for five more minutes. Pour into a square 8 x 8 x 2 pan, making a layer about 2 inches thick. Let cool, and cut into 2 inch squares. Serve Hawaiian style on a square of ti leaf.

Nutrition Facts	
Serving Size (66g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 4g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

HAWAIIAN CURRY

8 servings

- ½ cup butter or margarine
- 2 medium onions, chopped
- 2 apples, pared and diced
- 6 tablespoons flour
- 1 ½ tablespoons curry powder
- 1 ½ tablespoons brown sugar
- 2 cloves garlic, minced
- 1 teaspoon minced ginger root
- 2 cups stock
- 1 (12 oz.) can frozen coconut milk, thawed
- 1 ½ teaspoons salt
- 2 cups cooked shellfish, chicken, or cubed meat

In a skillet, melt butter and sauté onions and apples until onions are clear. Stir in flour, curry powder, sugar, garlic, and ginger. Cook over very low heat for one hour. Slowly stir in stock and coconut milk. Cook, stirring occasionally until thickened. Sauce may be strained if desired, and may be refrigerated overnight or frozen; reheat on low heat. Before serving, add salt and shellfish or meat to sauce. Heat thoroughly, but do not allow to boil or sauce will curdle.

Nutrition Facts:
Top – Chicken
Bottom - Shrimp

Nutrition Facts	
Serving Size (219g)	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 250
% Daily Value*	
Total Fat 28g	43%
Saturated Fat 17g	87%
Cholesterol 65mg	22%
Sodium 620mg	26%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Sugars 9g	
Protein 13g	
Vitamin A 10%	• Vitamin C 6%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size (205g)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 200
% Daily Value*	
Total Fat 22g	33%
Saturated Fat 16g	79%
Cholesterol 85mg	29%
Sodium 650mg	27%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Sugars 9g	
Protein 9g	
Vitamin A 10%	• Vitamin C 8%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

HAWAIIAN CURRY (MODIFIED)

8 servings

- 1 tablespoon canola oil
- 2 medium onions, chopped
- 2 apples, pared and diced
- 6 tablespoons flour
- 1 ½ tablespoons curry powder
- 1 ½ teaspoons brown sugar
- 2 cloves garlic, minced
- 1 teaspoon minced ginger root
- 2 ¾ cups stock
- ½ cup coconut milk
- 1 cup nonfat milk powder
- ½ teaspoon coconut extract
- 1 teaspoon salt
- 2 cups defatted chicken thighs (approx. ¾ lb.)

Brown flour in Teflon skillet, remove and set aside. Add oil to skillet, sauté onions and apples until clear. Combine curry powder, sugar, garlic and ginger. Stir into apple/onion mixture, cook 10 to 15 minutes. Add 1 cup stock, cook 45 to 50 minutes on very low heat. Combine flour, milk powder, stock, coconut milk, coconut extract and salt, stir into curry mixture. Cook until thick. Do not let it boil. Sauce may be refrigerated overnight or frozen; reheat on low heat. Before serving, add salt and chicken to sauce. Heat thoroughly, but do not allow to boil or sauce will curdle.

Nutrition Facts	
Serving Size (201g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4.5g	22%
Cholesterol 40mg	13%
Sodium 410mg	17%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 17g	
Vitamin A 2%	• Vitamin C 8%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

PINEAPPLE SORBET

6-8 servings

2 cups canned pineapple chunks
1 cup pineapple liquid from can
1 envelope unflavored gelatin

Put gelatin in pineapple liquid; let stand 1 or 2 minutes. Heat to dissolve gelatin. Combine all ingredients and freeze until firm. Place frozen fruit and liquid in blender or processor. Blend until smooth and return to freezer for about 2 hours.

Nutrition Facts	
Serving Size (126g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber less than 1 gram	3%
Sugars 16g	
Protein 1g	
Vitamin A 0%	Vitamin C 20%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

PORTUGUESE BEAN SOUP

12 servings

2 cups (1 lb.) red or pink dry beans
 2 quarts boiling water
 2 lbs. Portuguese sausage
 1 onion, sliced
 2 carrots, cubed
 3 potatoes, cubed
 1 small head cabbage (1 to 1 ¼ lb.), chopped
 1 (8 Oz.) can tomato sauce
 2 tablespoons salt
 1 quart water

Wash beans and put into a large sauce pan or dutch oven. Cover with boiling water and let stand at least 1 hour. Cut sausage into ¼ inch slices; add with onion to the undrained beans. Cook on low heat for 1 hour or until beans are tender. Add remaining ingredients. Simmer 1 ½ hours, adding more water if necessary.

Nutrition Facts	
Serving Size (470g)	
Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 170
% Daily Value*	
Total Fat 19g	30%
Saturated Fat 7g	34%
Cholesterol 45mg	16%
Sodium 2010mg	84%
Total Carbohydrate 34g	11%
Dietary Fiber 7g	29%
Sugars 7g	
Protein 20g	
Vitamin A 60%	• Vitamin C 45%
Calcium 10%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

PORTUGUESE BEAN SOUP (MODIFIED)

12 servings

2 cups (1 lb.) red or pink dry beans
 2 ½ quarts water
 ¼ lb. turkey ham (2 grams fat per oz.)
 ½ lb. Portuguese sausage
 1 large onion, sliced
 3 carrots, cubed
 3 potatoes, cubed
 1 small head cabbage (1 to 1 ¼ lb.), chopped
 1 (8 oz.) can tomato sauce
 ½ cup catsup
 ½ teaspoon Portuguese spice*
 1 teaspoon salt

Wash beans and put into a large pot. Add water, bring to a full rolling boil for five to ten minutes; remove from heat, let stand for several hours. Cut sausage and ham into slices; add with onion to undrained beans. Cook on low heat for 1 hour or until beans are tender. Add carrots, cook 10 to 15 minutes; add rest of ingredients and simmer for 1 to 1 ½ hours.

Nutrition Facts	
Serving Size (399g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Cholesterol 20mg	6%
Sodium 730mg	30%
Total Carbohydrate 36g	12%
Dietary Fiber 8g	31%
Sugars 8g	
Protein 14g	
Vitamin A 90%	• Vitamin C 50%
Calcium 8%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

PORTUGUESE POT ROAST

10 to 12 servings

4 lb. chuck roast, 2 ½ inches thick
 3 pkg. (5 oz.) Portuguese sausage
 3 carrots
 4 hard cooked eggs
 3 tablespoons salad oil
 12 small red potatoes, peeled
 2 cans (8 oz.) tomato sauce
 4 cups water
 3 cups white wine
 ¼ cup red wine
 1 can (12 oz.) beer
 3 cloves garlic, minced
 ½ teaspoon salt
 ½ teaspoon paprika
 1 teaspoon ground fresh mild red pepper

Butterfly roast by slicing in half horizontally from one long side to within ½ inch of the other side; open and pound until flattened. Place one sausage, one carrot, and the eggs to about 2 inches from the edge of the roast, roll meat to enclose filling; tie with string. In a large saucepan, heat oil. Brown meat on all sides. Remove meat and place in a deep roaster. Cut remaining sausages and carrots into 1 ½ inch pieces; arrange potatoes around roast. Combine remaining ingredients and pour over roast. Cover, roast at 325 degrees F for 2 ½ hours or until meat is tender, turning roast every 30 minutes. Remove roast, slice crosswise, and arrange on serving platter with the vegetables and sausage. Serve with remaining sauce.

Nutrition Facts	
Serving Size (483g)	
Servings Per Container	
Amount Per Serving	
Calories 750	Calories from Fat 370
% Daily Value*	
Total Fat 41g	63%
Saturated Fat 14g	72%
Cholesterol 210mg	69%
Sodium 840mg	35%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 42g	
Vitamin A 110%	• Vitamin C 45%
Calcium 6%	• Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

PORTUGUESE POT ROAST (MODIFIED)

4 lb. 2 ½ inch thick bottom or top round, sirloin or shoulder
clod*

1 (5 oz.) Portuguese sausage

6 carrots

12 small red potatoes or 4 large white potatoes cut into 1/3's

2 (8 oz.) cans tomato sauce

3 to 4 large cloves garlic, minced

½ cup red wine

1 (12 oz.) can beer

1 ½ cups white wine

1 or 2 Hawaiian Chilies

½ teaspoon paprika

1 stalk celery

Butterfly roast by slicing in half horizontally from one long side to within ½ in of the other side; open and pound until flattened. Cut sausage in half lengthwise. Place sausage, carrot, and celery about 2 inches from long edge of roast, roll and tie. Brown meat in non-stick skillet until seared on all sides, place in deep roasting pan with cover. Cut remaining sausage and carrots into 1 ½ to 2 inch lengths; arrange around the roast with potatoes. At this point follow instructions for original roast.

*Points of Information: The fat content per serving in the pot roast can vary with the selection of meat. The nutrition information above is based on sirloin with ¼" external fat and assumes the person would eat both lean and fat. Using top around (1/4" trim, lean and fat) would decrease the total fat per serving by 5 grams, from 23.4 to 18.4 g. Using sirloin with 0" external fat trim would decrease the fat by 9 grams to

14 grams of fat per serving. Selection really makes a difference!

Nutrition Facts	
Serving Size (486g)	
Servings Per Container	
Amount Per Serving	
Calories 540	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 7g	36%
Cholesterol 110mg	36%
Sodium 500mg	21%
Total Carbohydrate 39g	13%
Dietary Fiber 5g	18%
Sugars 7g	
Protein 42g	
Vitamin A 200%	• Vitamin C 50%
Calcium 4%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

PORTUGUESE SPICE

Equal proportions of: Anise seed
 Cinnamon sticks
 Whole cloves
 Black pepper corns
 Whole allspice (optional)

Warm at 250 degrees F for 20 minutes then grind in blender, food processor, or coffee/spice grinder. Be sure it is finely ground.

SPARKLING LEMON LIME SORBET

6 servings

1 envelope unflavored gelatin
 ½ - ¾ cup sugar
 1 cup tap water
 1 cup ginger ale or champagne
 ½ cup fresh lemon juice
 1/3 cup fresh lime juice

Combine sugar and gelatin in a four-cup measuring cup; add water and let stand for one to two minutes. Stir; place in microwave oven and heat 2-3 minutes to dissolve gelatin. Let cool and add remaining ingredients. Pour into a 9 inch square pan and freeze for 3 hours or until firm. With electric mixer or food processor, beat mixture until smooth. Return to pan; freeze until firm, approximately 2 hours. To serve, let stand at room temperature 15 minutes or until slightly softened. Garnish with fresh fruit, mint, lemon twist or cherries.

Nutrition Facts	
Serving Size (132g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 1g	
Vitamin A 0%	• Vitamin C 20%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

STUFFED EGGPLANTS (NASU NO OGAWA YAKI)

6 servings

3 small round eggplants
 ½ teaspoon salt
 ½ lb. ground pork
 1 egg, slightly beaten
 1 tablespoon chopped onion
 ¼ teaspoon minced ginger root
 2 teaspoons soy sauce
 2 tablespoons sugar
 ½ teaspoon monosodium glutamate (MSG)
 5 tablespoons stock
 ½ cup miso

Preheat oven to 375 degrees. Oil a baking pan. Pare eggplants partially, leaving lengthwise strips unpared. Leaving stem on, cut in lengthwise halves. Make a lengthwise slit in each half; rub with salt. Combine pork, egg, onion, ginger, soy sauce, 1 teaspoon of the sugar, and half of the msg. Pack pork mixture into slashes of eggplants. Place halves in prepared pan. Bake 30 minutes. Add remaining sugar and MSG to stock; stir gradually into miso. Brush sauce on baked eggplants; broil 3 inches from broiler until bubbly.

Nutrition Facts	
Serving Size (359g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 90
% Daily Value*	
Total Fat 11g	16%
Saturated Fat 3.5g	17%
Cholesterol 65mg	21%
Sodium 1370mg	57%
Total Carbohydrate 25g	8%
Dietary Fiber 7g	30%
Sugars 16g	
Protein 13g	
Vitamin A 6%	• Vitamin C 8%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

STUFFED EGGPLANTS (NASU NO OGAWA YAKI) (MODIFIED)

6 servings

3 small round eggplants

½ teaspoon salt

½ lb. ground turkey or very lean ground pork

2 egg whites

1 tablespoon chopped onion

¼ teaspoon minced ginger root

2 teaspoons soy sauce

2 tablespoons sugar

5 tablespoons stock

1/3 cup miso

Prepare as in original.

Nutrition Facts	
Serving Size (217g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 30mg	10%
Sodium 1010mg	42%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	15%
Sugars 11g	
Protein 11g	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	