

Vietnamese Noodle Salad

A traditional “Bún” salad made with rice vermicelli-style noodles is a staple in Vietnamese cuisine. Served cool, this is a great lunch dish or summer dinner. Add tofu, shredded chicken, sautéed beef, or grilled shrimp for a more substantial meal. You can also get creative with this salad. Add snow peas, red peppers, bean sprouts, or any other veggies you have on hand.



Ingredients:

<i>For 1 person (4 servings)</i>	<i>For 2 people (8 servings)</i>	<i>For 3 people (12 servings)</i>
<ul style="list-style-type: none"> • 3 cloves garlic • 1 cup chopped cilantro • ½ jalapeno pepper, seeded & minced • 1 tbsp brown sugar • 2 tbsp peanut butter • ¼ cup fresh lime juice • 3 tbsp fish sauce • 1 tsp sesame oil • 1 tbsp rice wine vinegar • 10 oz dried rice noodles • 2 carrots, julienned • 1 cucumber, quartered lengthwise & diced • ¼ cup chopped fresh mint • 4 leaves Napa cabbage • ¼ cup unsalted peanuts 	<ul style="list-style-type: none"> • 6 cloves garlic • 2 cups chopped cilantro • 1 jalapeno pepper, seeded & minced • 2 tbsp brown sugar • 4 tbsp peanut butter • ½ cup fresh lime juice • 6 tbsp fish sauce • 2 tsp sesame oil • 2 tbsp rice wine vinegar • 20 oz dried rice noodles • 4 carrots, julienned • 2 cucumbers, quartered lengthwise & diced • ½ cup chopped fresh mint • 8 leaves Napa cabbage • ½ cup unsalted peanuts 	<ul style="list-style-type: none"> • 9 cloves garlic • 3 cups chopped cilantro • 1½ jalapeno pepper, seeded & minced • 3 tbsp brown sugar • 6 tbsp peanut butter • ¾ cup fresh lime juice • 9 tbsp fish sauce • 3 tsp sesame oil • 3 tbsp rice wine vinegar • 30 oz dried rice noodles • 6 carrots, julienned • 3 cucumbers, quartered lengthwise & diced • ¾ cup chopped fresh mint • 12 leaves Napa cabbage • ¾ cup unsalted peanuts

Directions:

- 1) Mine the garlic. Chop the cilantro and jalapeno pepper. Make sure to remove all jalapeno pepper seeds unless you like a lot of spice.
- 2) Transfer garlic, cilantro and jalapeno to a medium bowl and add the brown sugar, peanut butter, lime juice, fish sauce, sesame oil and rice wine vinegar. Whisk until all ingredients are combined. Set aside.
- 3) Add rice noodles to a large pot of boiling water and cook for 2 minutes. Remove from pot and rinse with cold water until they have cooled. Drain completely and put into a large bowl.
- 4) Julienne the carrots (matchstick shape) and dice the cucumber. Chop the mint and Napa cabbage. Add all these veggies to the noodles.
- 5) Crush the peanuts and add to the noodles. Pour the dressing over the noodles, mix well, and serve cool or at room temperature.

Adapted from All Recipes: <http://allrecipes.com/recipe/14087/vietnamese-rice-noodle-salad/>

Black Bean Enchiladas

This recipe comes from the Cowichan Community Kitchens in BC. Enchiladas are traditionally made with corn tortillas and can be made with many different fillings, including beef, chicken, beans, potatoes or vegetables.



Ingredients:

<i>For 1 person (4 servings)</i>	<i>For 2 people (8 servings)</i>	<i>For 3 people (12 servings)</i>
<p>Sauce:</p> <ul style="list-style-type: none"> • ¾ cup chopped onion • 1 garlic clove, minced • ¾ of a can (28 oz can) diced tomato • ½ can (5½ oz can) tomato paste • ¾ of a jalapeno, seeded & minced • ¾ tsp ground cumin • ¾ tsp chilli powder • pinch of salt • pinch of pepper • 1 tbsp chopped cilantro • ¾ tbsp red wine vinegar <p>Enchiladas:</p> <ul style="list-style-type: none"> • 1 cup chopped onion • ¾ cup diced carrot • ¾ cup diced green pepper • 1½ cups cooked black beans • 1 cup corn • 1½ tbsp lime juice • 1½ tbsp chopped cilantro • 2 garlic cloves, minced • ¾ of a jalapeno, seeded & minced • ¾ tbsp chilli powder • 1½ tsp oregano • ¾ tsp ground cumin • 8 seven-inch flour tortillas • ¾ cup grated cheddar cheese 	<p>Sauce:</p> <ul style="list-style-type: none"> • 1½ cups chopped onion • 1½ garlic cloves, minced • 1½ cans (28 oz can) diced tomato • 1 can (5½ oz can) tomato paste • 1½ of a jalapeno, seeded & minced • 1½ tsp ground cumin • 1½ tsp chilli powder • ½ tsp salt • ¼ tsp pepper • 2 tbsp chopped cilantro • 1½ tbsp red wine vinegar <p>Enchiladas:</p> <ul style="list-style-type: none"> • 1½ cups chopped onion • 1½ cups diced carrot • 1½ cups diced green pepper • 3 cups cooked black beans • 2 cups corn • 3 tbsp lime juice • 3 tbsp chopped cilantro • 4 garlic cloves, minced • 1½ jalapeno, seeded & minced • 1½ tbsp chilli powder • 3 tsp oregano • 1½ tsp ground cumin • 16 seven-inch flour tortillas • 1½ cup grated cheddar cheese 	<p>Sauce:</p> <ul style="list-style-type: none"> • 2 cups chopped onion • 2 garlic cloves, minced • 2 cans (28 oz can) diced tomato • 2 cans (5½ oz can) tomato paste • 2 jalapeno, seeded & minced • 2 tsp ground cumin • 2 tsp chilli powder • 1 tsp salt • ½ tsp pepper • 4 tbsp chopped cilantro • 2 tbsp red wine vinegar <p>Enchiladas:</p> <ul style="list-style-type: none"> • 2½ cups chopped onion • 2 cups diced carrot • 2 cups diced green pepper • 4 cups cooked black beans • 3 cups corn • 4 tbsp lime juice • 4 tbsp chopped cilantro • 6 garlic cloves, minced • 2 jalapenos, seeded & minced • 2 tbsp chilli powder • 4 tsp oregano • 2 tsp ground cumin • 24 seven-inch flour tortillas • 2 cups grated cheddar cheese

Directions:

- 1) To prepare sauce, heat a bit of oil in a medium saucepan. Add onions and garlic. Cook over medium heat until onions are softened, about 5 minutes.
- 2) Add remaining ingredients, except cilantro. Bring to a boil. Reduce heat to low. Cover and simmer for 15 minutes, stirring occasionally. Remove from heat and stir in cilantro.
- 3) While sauce is simmering, prepare enchilada filling. Heat a bit of oil in a large saucepan. Add onions, carrots, green pepper, and garlic. Cook over medium heat until vegetables are softened, about 5 minutes.
- 4) Add jalapeno pepper, chili powder, oregano, and cumin. Cook for 1 more minute. Remove from heat.
- 5) Stir in beans, corn, lime juice, and cilantro. Mix well.
- 6) To assemble enchiladas, spread 3 heaping tablespoons of filling down the centre of a 9-inch tortilla. Sprinkle with 2 teaspoons of cheddar cheese. Roll tortilla to enclose the filling and place seam-side down in baking dish. Repeat with remaining tortillas, leaving yourself some cheddar cheese to spread on top.
- 7) Pour sauce evenly over enchiladas, coating each one. Sprinkle with remaining cheese.

At Home:

- Cover the enchiladas with aluminum foil. Preheat the oven to 350F and bake for 25 minutes.
- Uncover, sprinkle with more cheese if desired, and return to oven for 5 more minutes.
- Serve enchiladas with low-fat sour cream and chopped cilantro on top.

Adapted from Cowichan Community Kitchens "*Bon Appetit!*"
<http://cowichancommunitykitchens.org/our-recipes/>