

KOREAN CUCUMBER SESAME SALAD FIT

Serving size: ½ cup

Makes 6 servings

- 1 ½ tsp Sesame Oil
- 1 ½ tsp Rice Wine Vinegar, unseasoned
- 1 ½ tsp Gochujang (Korean Hot Red Chili Paste)
- 1/8 tsp Kosher Salt
- 1 ½ tsp Granulated Sugar
- ½ tsp Black Sesame Seeds
- 3 medium Cucumbers, peeled, sliced
- ¼ cup Green Onion, sliced thin
- 1 tsp Cilantro, fresh, chopped

Preparation:

1. In medium bowl, mix sesame oil, rice wine vinegar, gochujang, Kosher salt, granulated sugar, and black sesame seeds. Mix until uniform.
2. Add sliced cucumbers, scallions, and chopped cilantro in dressing mixture until evenly coated.
3. Refrigerate salad for at least 10 minutes and serve cold.



NUTRITION FACTS

PER SERVING

calories	30
total fat (g)	1
saturated fat (g)	<1
sodium (mg)	70
total carbohydrate (g)	4
dietary fiber (g)	1
added sugar (g)	1
protein (g)	<1

KOREAN CHILI GREEN BEANS FIT

Serving size: ½ cup

Makes 7 servings

- 3 cups Green Beans, fresh, snapped
- 1 TBSP + 1 tsp Canola Oil
- 2 tsp Garlic, fresh, minced
- 1 cup Red Onion, julienned
- 1 cup Red Bell Pepper, julienned
- 1 TBSP Gochujang (Korean Hot Red Pepper Paste)
- 1/8 tsp Kosher Salt

Preparation:

1. Bring a large pot of water to a boil. While waiting to boil, take a large bowl and fill with ice and water.
2. When water is boiling, add the green beans and cook for about 2 minutes, until bright green and slightly tender.
3. Immediately transfer blanched beans to the bowl of ice water to stop the cooking. Drain well and set aside.
4. In large skillet or wok, heat canola oil until it's shimmering and just starting to smoke.
5. Add the chopped garlic and sliced onions. Stir-fry for about 30 seconds, until fragrant.
6. Add in the bell peppers and blanched green beans. Stir-fry for 2–3 minutes, until the peppers start to soften but still have some crunch.
7. Stir in the gochujang and Kosher salt. Mix well so everything is coated. Cook for another minute, then serve hot.



NUTRITION FACTS

PER SERVING

calories	60
total fat (g)	3
saturated fat (g)	<1
sodium (mg)	90
total carbohydrate (g)	8
dietary fiber (g)	2
added sugar (g)	<1
protein (g)	1

SPICY KOREAN BRAISED SESAME TOFU (DUBU-JORIM) FIT

Serving size: 4oz

Makes 4 servings

- 4 cups Tofu, Extra Firm, fresh
- 3 TBSP Canola Oil
- ¼ cup Soy Sauce, less sodium
- ¼ tsp Kosher Salt
- 2 tsp Granulated Sugar
- 2 TBSP Korean Chili Pepper Powder
- 1 cup Water
- 3 TBSP Canola Oil
- 2 tsp Garlic, fresh, minced
- 1 cup Yellow Onion, diced
- ¼ cup Green Onion, fresh sliced

Preparation:

- 2 tsp Sesame Oil
- 2 tsp Sesame Seeds
- ¼ cup Green Onion, fresh, sliced as garnish

Preparation:

1. Drain tofu, then pat dry with paper towels. Slice into ¼-inch thick pieces.
2. Heat 3 TBSP of canola oil in a nonstick skillet over medium-high heat. Add the tofu slices and cook for about 7 minutes per side, until golden brown and crisp. Remove from the pan and set aside.
3. In a small bowl, whisk together soy sauce, kosher salt, granulated sugar, Korean chili powder, and water. Set aside.
4. Return the pan to medium heat and add 3 TBSP canola oil. Stir in minced garlic, yellow onion, and ¼ cup sliced green onions. Cook until the onions are soft and caramelized.
5. Pour the sauce into the pan and simmer for a few minutes until slightly thickened.
6. Add the tofu back to the pan along with sesame oil. Simmer until most of the liquid is absorbed.
7. Sprinkle with sesame seeds and extra green onions. Serve hot.



NUTRITION FACTS PER SERVING

calories	235
total fat (g)	18
saturated fat (g)	2
sodium (mg)	300
total carbohydrate (g)	8
dietary fiber (g)	4
added sugar (g)	1
protein (g)	12