

From the kitchen...

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Larb Salad

Serves: 4

Larb Mixture

1 cup TVP
1 tablespoon olive or avocado oil
1 onion, ½ thinly sliced and ½ minced
2 garlic cloves minced
¼ cup cilantro, chopped
¼ cup mint, chopped
1 head of romaine
1 cucumber, thinly sliced
1 jalapeno, thinly sliced

Sauce

1-2 tablespoons of fish sauce or soy sauce
3 limes, juices and zested
¼ brown sugar

Whole Grain

1 cup quinoa or brown rice
2 cups broth or water

Bring broth or water to a boil, add whole grain of your choosing (quinoa or brown rice), and cover. Reduce to a simmer and cook for about 15 minutes-30 minutes depending on the grain.

Cover TVP with hot water for about 5-10 minutes until it fluffs, drain any excess water.

In a small bowl mix together sauce ingredients - fish sauce or soy sauce, limes, and brown sugar.

Heat sauté pan or wok over medium heat. Add oil, then minced onion and garlic. Stir and cook for 1-2 minutes.

Add TVP to sauté pan, cook for several minutes until hot and getting crispy.

Add sauce to pan with TVP mixture, then add cilantro and mint.

Serve with lettuce cups on the side!

Chef Tips

Serve with sliced cucumber, onion, and jalapeno on lettuce leaves.

Per Serving: 340 calories, 19g protein, 46g total carbohydrates, 10g fiber, 6g total fat, 1g saturated fat, 170mg sodium, 0g added sugar

