

Heart-healthy Japanese Meal

- *Okonomiyaki*
- *Tofu and Eggplant Dengaku with Miso Topping*
- *Edamame*
- *Sunomono*
- *Brown Rice Onigiri (Rice Balls)*
- *Ocha (Japanese Green Tea)*

Nutrition Facts	
Servings: 1 meal	
Amount Per Serving	
Calories 530	
Total Fat 13 g	
Saturated Fat 2 g	
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 14 mg	
Sodium 380 mg	
Potassium 1325 mg	
Total Carbohydrate 85 g	
Dietary Fiber 16 g	
Sugars 16 g	
Added Sugars 4 g	
Protein 31 g	
Vitamin A	79%
Vitamin C	38%
Calcium	14%
Iron	29%

Okonomiyaki

Makes 6 servings

Ingredients

- 1 $\frac{2}{3}$ cups whole-wheat flour
- $\frac{1}{8}$ teaspoon baking soda
- 1 $\frac{3}{4}$ to 2 cups cold water
- 5 to 6 cups chopped vegetables (thin strips), such as cabbage, onion, mushrooms, bean sprouts, green pepper, carrot, spinach
- *Optional protein: cooked chicken, fish, or shrimp*
- $\frac{1}{2}$ to 2 tablespoons minced fresh ginger (to taste) or sliced pickled ginger
- 6 tablespoons Eggbeaters (equivalent to two eggs)
- Bonito flakes, to taste
- *Optional toppings: thinly sliced green onions, dried green seaweed flakes, okonomiyaki sauce.*

Preparation

In a large bowl, thoroughly mix the flour, baking soda, water, vegetables, optional protein (if using), ginger, and Eggbeaters.

Heat a griddle to high. Pour batter onto hot griddle and cook until golden brown. Carefully flip over, and continue cooking until cooked through and golden.

Sprinkle with bonito flakes, then add the green onion, dried green seaweed flakes, and/or okonomiyaki sauce, if using. Serve immediately.

Notes:

- Okonomi means “to one’s liking,” which is a reference to being able to use whatever ingredients you like. Yaki means “grill.”
- Bonito flakes are made from skipjack tuna that has been dried and shaved into long, pinkish-tan curls or flakes. One 2-tablespoon serving contains no sodium or fat. Bonito flakes can be found in Asian markets, well-stocked supermarkets, or online (try Eden Foods bonito flakes, available at most grocery stores).
- Optional proteins and toppings were not included in the nutrition analysis for this recipe.

Nutrition Facts	
Amount Per Serving	
Calories 147	
Total Fat 1 g	
Saturated Fat 0 g	
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 81 mg	
Potassium 341 mg	
Total Carbohydrate 30 g	
Dietary Fiber 5 g	
Sugars 2 g	
Added Sugars 0 g	
Protein 8 g	
Vitamin A	74%
Vitamin C	19%
Calcium	3%
Iron	11%

Tofu and Eggplant Dengaku with Miso Topping

Makes 4 servings (1 serving is ¼ of the tofu and eggplant with approximately 1 tablespoon miso topping)

Ingredients

- ¾ cup white or red miso
- 2 egg yolks
- 2 tablespoons sake
- 2 tablespoons mirin (sweet rice wine)
- 2 tablespoons sugar
- 7 tablespoons water
- *Optional seasonings: ground roasted sesame seeds, grated citrus rind (lime, lemon, or Japanese yuzu), or fresh ginger juice*
- 1 14-ounce block of firm “cotton” tofu
- 1 Japanese-style eggplant (long and skinny), cut in half length-wise

Preparation

To make the miso topping, combine the miso, egg yolks, sake, mirin, sugar, and water in a double boiler over simmering water (or place in a bowl nested over a pan of simmering water). Cook, stirring, until thick. At the end, add one of the optional seasonings, if using. Set aside.

If desired, tofu can be drained to remove excess water. Remove tofu from water, wrap in a small towel, and top with a dinner plate to apply light pressure. Set aside for 1 hour or more to drain. Pat dry, then slice crosswise into ½-inch thick strips.

Over high heat, grill or broil the tofu strips and eggplant, turning once, until the surfaces are browned. Brush the tofu and eggplant with a small amount of the miso topping before serving.

Notes:

- Dengaku is a Japanese method in which a miso-based sauce is brushed onto various grilled foods. Traditionally, “cotton” tofu is used, the firm type of tofu most familiar to Americans. Multiple types of dengaku can be prepared to suit everyone’s taste preferences.
- Japanese use dashi rather than water in the miso topping. Dashi is a broth made from kelp and dried fish (bonito), sometimes also with mushrooms.

Nutrition Facts	
Amount Per Serving	
Calories 136	
Total Fat 6 g	
Saturated Fat 1 g	
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 14 mg	
Sodium 267 mg	
Potassium 484 mg	
Total Carbohydrate 13 g	
Dietary Fiber 4 g	
Sugars 8 g	
Added Sugars 1 g	
Protein 11 g	
Vitamin A	2%
Vitamin C	5%
Calcium	2%
Iron	3%

- Larger globe eggplant can also be used in place of the Japanese eggplant, but is less aesthetic. If using, slice into circles.
- Optional seasonings were not included in the nutrition analysis for this recipe.

Edamame

Serving size is ½ cup

Ingredients

- Frozen edamame in the pod

Preparation

Follow instructions on package to boil or microwave edamame until cooked. The Japanese style is to add salt, but try them without salt. Eat warm (or cold) by squeezing the seeds out of the pod with your teeth and lips.

Notes: Edamame are green soybeans sold in the frozen vegetable aisle of most grocery stores. They can be found in the pod, which are good for snacking, and shelled, which can be added to stir-fries and salads. They can also be found fresh in well-stocked markets.

Nutrition Facts	
Amount Per Serving	
Calories 95	
Total Fat 4 g	
Saturated Fat 1 g	
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 5 mg	
Potassium 338 mg	
Total Carbohydrate 8 g	
Dietary Fiber 4 g	
Sugars 2 g	
Added Sugars 0 g	
Protein 9 g	
Vitamin A	0%
Vitamin C	8%
Calcium	5%
Iron	10%

Sunomono

Makes 8 servings

Ingredients

- 4 long, thin Japanese-style or English cucumbers
- 1 cup rice vinegar
- 1 cup dashi (or water)
- 2 tablespoons sugar
- *Optional: few drops of reduced-sodium soy sauce, to taste (think of it as salt and use sparingly)*
- *Optional: wakame seaweed or other seaweed, soaked in water for 15 minutes to rehydrate, then drained well*
- *Optional: toasted sesame seeds*

Preparation

Thinly slice the cucumbers, and spread out on a clean towel to briefly dry. (The Japanese style is to sprinkle with salt to draw out water, but it is better to avoid the sodium.)

Mix the rice vinegar, dashi (or water), and sugar in a small saucepan. Simmer briefly to dissolve the sugar, if needed. Allow to cool.

Place the cucumbers into a large bowl, then add the cooled liquid along with the wakame, if using. This salad can be served fresh or stored in the refrigerator for a short time to allow the vinegar to permeate the cucumbers. Sprinkle with toasted sesame seeds for garnish, if using.

Notes:

- Sunomono literally means vinegared (“su”) things (“mono”).
- Octopus is sometimes added to this salad.
- Make sure to use unseasoned rice vinegar, as seasoned rice vinegar contains added sugar and salt and is too high in sodium and calories.
- Dashi is a broth made of kombu (dried kelp), bonito flakes, and water that is commonly used in Japanese cuisine.
- Wakame is a type of dried seaweed commonly used in miso soup and sunomono salad. It is sold dried and must be rehydrated prior to eating.
- Nutrition analysis includes ½ teaspoon reduced-sodium soy sauce, 4 tablespoons wakame seaweed, and 3 teaspoons toasted sesame seeds.

Nutrition Facts	
Amount Per Serving	
Calories 40	
Total Fat 1 g	
Saturated Fat 0 g	
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 26 mg	
Potassium 85 mg	
Total Carbohydrate 11 g	
Dietary Fiber 1 g	
Sugars 4 g	
Added Sugars 3 g	
Protein 1 g	
Vitamin A	2%
Vitamin C	5%
Calcium	3%
Iron	2%

Brown Rice Onigiri (Rice Balls)

Ingredients

- Cooked brown rice, hot
- Nori seaweed (*full nori sheets can be cut into strips or precut strips can be purchased*)

Preparation

When rice is partially cooled but still hot, shape about ½ cup into a flattened 1-inch thick triangle and wrap the edge with a strip of nori seaweed. You can also shape the rice into a cylinder and wrap seaweed around the edge.

Eat plain or sprinkle with a seasoning such as toasted sesame seeds, dried granulated shiso (a flavorful leaf), or furukaki (dried Japanese seasoning for sprinkling on rice or other foods).

Fillings such as cooked salmon, pickled plum, or bonito flakes can be added by making a bowl-like shape with the rice, adding filling to the center, and closing the edges over the filling prior to shaping the rice into a triangle or cylinder.

Notes: No optional ingredients were included in the nutrition analysis for this recipe.

Nutrition Facts	
Amount Per 1 Onigiri (ball)	
Calories 112	
Total Fat 1 g	
Saturated Fat 0 g	
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 1 mg	
Potassium 77 mg	
Total Carbohydrate 23 g	
Dietary Fiber 2 g	
Sugars 0 g	
Added Sugars 0 g	
Protein 2 g	
Vitamin A	1%
Vitamin C	1%
Calcium	1%
Iron	3%