Filipino cuisine is reflective of its Spanish, Chinese, and Malay influences. Shaped by more than three centuries of Spanish rule, the Tagalog cooking of Manila includes dishes such as leche flan and paella and features tomatoes, garlic, onions, garbanzo beans, and mixed meats. In the North, Chinese traders helped define Ilocano foods, which include lumpia, noodles, vegetables, and sweets made from glutinous rice flour. Malaysian traders contributed to the South’s Visayan cooking, with its heavy use of coconut and coconut milk. While absorbing these influences, Filipino cooking has retained its own distinct flavors, especially tartness from vinegar, green mango, kalamansi, or tamarind, and saltiness from bagoong (fish paste) and patis (Filipino fish sauce). As with many other cuisines in Hawai‘i, no Filipino meal is complete without steamed white rice.
**Guisadong Sayote** (Sautéed Chayote Squash)

4 Servings

2 each chayote squash  
(approximately 4 cups), peeled
1 tablespoon vegetable oil
2 cloves garlic, minced  
(approximately 2 teaspoons)
1 medium onion, sliced  
(approximately 2 cups)
2 medium tomatoes, cut in wedges  
(approximately 1 1/3 cups)
1/2 pound shrimp, shelled
1 tablespoon *patis* (Filipino fish sauce)
1/8 teaspoon salt

1. Cut chayote in quarters, taking out seed core. Slice quartered pieces diagonally into 1/4-inch thick slices. Set aside.
2. In a skillet over medium heat, sauté garlic in oil until lightly browned.
3. Add onion and stir for one minute. Add tomatoes and cook until soft, approximately 2-3 minutes.
4. Add chayote slices, *patis*, salt, and pepper. Cover and simmer over medium heat for 10 minutes, stirring occasionally.
5. Add shrimp and cook for 5 minutes or until shrimp is cooked and chayote is soft.

**Nutrition Facts**

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**Calcium 8%**  
**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: Less than 200g  
Sodium: Less than 2g  
Cholesterol: Less than 300mg  
Sugars: Less than 1g  
Protein: Less than 1g

**Chicken Dinola** (Chicken Papaya Soup)

6 servings

1 medium green papaya  
(approximately 2 cups)
1 tablespoon vegetable oil
1 medium onion, sliced  
(approximately 2 cups)
3 cloves garlic, minced  
(approximately 3 teaspoons)
2 tablespoons crushed ginger (2-inch piece)
1/2 pounds boneless, skinless chicken thighs
1/4 cup *patis* (Filipino fish sauce)
4 cups water
3 cups marungay leaves, cleaned, stems removed

1. Peel papaya skin, cut and remove seeds. Cut papaya in 1-inch cubes.
2. In a deep soup pot, heat oil and sauté onion until translucent. Add garlic and ginger and sauté until lightly browned.
3. Add chicken pieces and *patis* into the pot. Cook for 3 minutes or until chicken is lightly browned.
4. Add water and papaya. Cover and simmer over medium heat 15-20 minutes or until papaya is tender.
5. Turn off heat. Add marungay leaves and cover for 1-2 minutes.

**Nutrition Facts**

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**Calcium 8%**  
**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: Less than 200g  
Sodium: Less than 2g  
Cholesterol: Less than 300mg  
Sugars: Less than 1g  
Protein: Less than 1g
**Pinacbet** (Mixed Vegetable Dish)

8 servings

1 medium bittermelon (approximately 2 cups)
1 cup long beans (approximately 7 beans)
4 long eggplants (approximately 8 cups)
1 cup okra (approximately 8 okra)
1 1/3 cups tomatoes cut in wedges
(approximately 2 medium tomatoes)
1 cup water
1/4 cup patis (Filipino fish sauce)
1/4 cup dried shrimp (optional)
3-inch piece ginger root, sliced
(approximately 3 tablespoons)

1. Slice bittermelon lengthwise and remove seeds. Cut into 2-1/2 inch lengths. Cut long beans and eggplant into 2-1/2 inch lengths. Cut off and discard okra stems, cut into 1/2-inch lengths.
2. In a large saucepot, bring water, patis, ginger, and dried shrimp to a boil.
3. Add bittermelon and long beans. Then add eggplant, okra, and tomatoes. Cover and cook on medium-high heat for 10-15 minutes, occasionally tossing vegetables, until tender.

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**Balatang** (Mung Beans and Pork)

6 servings

4 cups water
1/2 cup split mung beans, dried
1/2 pound lean pork, sliced
3 cloves garlic, sliced
(approximately 3 teaspoons)
3 tablespoons patis (Filipino fish sauce)
1 1/3 cups tomatoes cut in wedges
(approximately 2 medium tomatoes)
2/3 cup sliced onion
(approximately half a medium onion)
2 cups marungay leaves, cleaned, stems removed

1. In a small saucepan, bring 2 cups of water to a boil. Add mung beans and boil for 5 minutes. Drain and remove green skins when they float to the top. Add more water to the pot and rinse beans. More skins will float to the surface. Remove skins and repeat process until most of the skins are removed.
2. Add 2 cups of water to saucepan. Cover and simmer for 10-15 minutes, until beans are soft. Do not drain. Set aside.
3. In a medium wok add oil and garlic. Add pork and fry until brown.
4. Add patis, tomato, and onion. Cook until onion is soft.
5. Add mung beans (with water); cook about 3 minutes.
6. Turn off heat and add marungay leaves. Cover 1-2 minutes.

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**Nutrition Facts**

**Pinacbet (Mixed Vegetable Dish)**

Serving Size Approx 1 cup (196g)
Servings Per Recipe 8

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**Balatang (Mung Beans and Pork)**

Serving Size Approx 1/2 cup (282g)
Servings Per Recipe 6

| Amount Per Serving | Calories 180 | Calories from Fat 70%
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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**Vitamin A 8%**

**Vitamin C 20%**

**Calcium 6%**

**Iron 10%**

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Guinataan
(Roots and Fruits Simmered in Coconut Milk)

12 servings

1 cup mochiko flour
1/3-1/2 cup water
1 1/2 cups coconut milk (13.5-oz. can)
2 1/2 cups water
3 tablespoons sugar
2 tablespoons jack fruit preserve, chopped fine
1 small yam, peeled, cubed 1/2-inch pieces (approximately 1 1/2 cups)
1 small taro root, peeled, cubed 1/2-inch pieces (approximately 1 cup)
1 plantain, peeled, cubed in 1/2-inch pieces (approximately 1 1/2 cups)

1. Combine mochiko rice flour with 1/3-1/2 cup water until it forms into a soft dough.
2. Form dough into small balls, about 1/2-inch in diameter, by rolling 1 teaspoon of dough between the palms of your hands. Set aside.
3. In a medium pot, combine coconut milk, water, and sugar. Bring to a boil.
4. Reduce heat to medium. Add mochiko flour balls, jackfruit, yam, taro, and plantains.
5. Simmer for 15-20 minutes until all fruits are cooked. Stir frequently.