

“You eat slowly, that is good for stomach; you plough deeply, that is good for fields.”

Green Papaya Salad

4 servings

- 1/2 pound shrimp, shelled and de-veined
- 1/4 pound pork loin
- 1 pound green papaya, julienned (approximately 5 cups)
- 1 cup carrot, julienned
- 1/2 cup mint leaves, chopped
- 1/2 cup basil leaves, chopped
- 3 tablespoons cilantro, chopped
- 2 tablespoons roasted peanuts, crushed

1 cup *nuoc mam* (Vietnamese dipping sauce)



1. In a medium-size pan, add enough water to cover the bottom of the pan. Cook the shrimp in simmering water for approximately 2 minutes, or until done. Remove shrimp from pan, drain, and set aside.
2. In a medium-size pan, heat water (enough to cover bottom of the pan) over medium high heat. Add pork and cook until done, approximately 15-20 minutes. Remove pork from pan, drain, and set aside.
3. In a medium bowl, mix together papaya and carrots.
4. Place the mint and basil on the papaya and carrot mixture.
5. Place the shrimp, pork, cilantro, and roasted peanuts on top of the salad.
6. Serve with *nuoc mam* dipping sauce.

Nutrition Facts

Serving Size Approx 2 cups (280g)
Servings Per Recipe 4

Amount Per Serving

Calories 210 Calories from Fat 60

% Daily Value*

Total Fat 7g 10%

Saturated Fat 1.5g 8%

Cholesterol 115mg 38%

Sodium 1180mg 51%

Total Carbohydrate 19g 6%

Dietary Fiber 5g 18%

Sugars 11g

Protein 19g

Vitamin A 70% • Vitamin C 30%

Calcium 10% • Iron 20%

*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: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4