



Altertrade Philippines Inc.

# HEALTHY - FOOD Recipes

## 1 Boiled Corn and Avocado Salsa Appetizer

Preparation time: 35 minutes + 15 minutes refrigeration  
Total Cooking time: 20 minutes, Serves 6

### Ingredients:

2 corn cobs, husks removed  
1 avocado  
90g red / green bell pepper  
2 tablespoons finely chopped parsley  
3 spring onions, shredded  
1 tablespoon olive oil  
2 tablespoons calamansi juice  
1 teaspoon sesame oil (optional)  
Salt and pepper (to taste)

Total Cost of 1 Recipe = Php60.00

### How to prepare

- 1 Cook the corn cobs in a pan of boiling water for 5 minutes, or until just soft. Drain, cool and pat dry with paper towels. Using a large sharp knife cut the kernels from the cob and place in a bowl. Set aside.
- 2 Remove the avocado stone and peel. Chop the flesh into small pieces.
- 3 Combine the corn, avocado, parsley, spring onions, olive oil, calamansi juice, and if using add the sesame oil. Season liberally with salt and freshly ground black pepper. Toss well to make sure the avocado is coated with dressing. Cover and chill for 15 minutes before serving.



## 2 Mixed Vegetables in Pumpkin Bowl Main Dish

Preparation time: 10 minutes  
Total Cooking time: 20 minutes, Serves 5-6

### Ingredients

½ kilo squash  
200g mushroom  
½ kilo eggplant (sliced)  
¼ kilo tomato (diced)  
1 bugkos alugbati (malabar spinach)  
1 clove garlic (diced)  
1 medium sized onion (diced)  
1 tablespoon cooking oil  
Salt, pepper and 1 pack of 5g  
Mascobado in sachet (to taste)

Total Cost of 1 Recipe = Php110.50

### How to prepare

- 1 Cut pumpkin lengthwise into 4 parts and boil for 5 minutes or until just tender. Using spoon or knife, scoop out the pumpkin flesh and cut into desired sizes. Set aside.
- 2 Sauté remaining ingredients. In a cooking pan, put oil, garlic, onions, tomatoes. Add squash, mushroom, eggplant and cook for 10 minutes or until all vegetables are tender. Separate leaves of alugbati from stalks. Add alugbati leaves to the mixture last and simmer for 5 more minutes.
- 3 Season to taste with salt, freshly ground black pepper and Mascobado sugar. Mix well before serving.





## 3 Sweet Potato Casserole

Dessert

Preparation time: 10-15 minutes

Baking time: 40 minutes, Serves 6

Ingredients:

4 - 6 pieces Sweet Potatoes  
3-4 pieces Yacon  
1 cup Mascobado sugar  
1 pinch salt  
½ teaspoon butter  
1 pinch ground ginger (optional)  
½ cup Cashew nuts /mixed nuts

Total Cost of 1 Recipe = Php160.00

How to prepare

- 1 Bring a pot of water to a boil, add sweet potatoes. Cook until tender but still firm.
- 2 Drain and transfer to a large bowl to cool. Peel and quarter.
- 3 Wash and peel yacon then slice evenly.
- 4 In a sauce pan, combine Mascobado sugar, ginger (optional) and cashew.
- 5 Arrange sweet potatoes in a single layer in baking dish. Pour Sugar mixture. You may repeat layers, dot with Butter and bake for 30 minutes (covered).
- 6 After 30 minutes, layer with Yacon (you may pour sugar mixture) and Bake for another 10 minutes (uncovered).
- 7 Mix and season the caramelized sugar mixture on top and serve!



## 4 Veggie-Rooty Siomai

Snacks

Preparation time: 15-20 minutes

Total Cooking time: Steamed :15 minutes, Fried: 5-7 minutes

Makes 30 siomai

Ingredients:

2 pieces (big-sized) carrot  
2 pieces (big-sized) singkamas  
6 cloves garlic  
3 pieces (native) onion  
50g Mushroom  
½ tablespoon salt  
½ tablespoon pepper  
60 pieces Siomai wrapper  
3 pieces chilli, minced  
Soy Sauce or Honey (as dip)

Total Cost of 1 Recipe = Php180.00

How to prepare

For the filling:

- 1 Wash all the vegetables, grate or slices thinly the carrots and singkamas.
- 2 Mince the garlic, onion and mushroom.
- 3 Mix all ingredients into a bowl, add salt and pepper to taste. Then set aside.
- 4 Spoon mixture into center of siomai wrapper and seal/wrap.
- 5 Steam for 8 to 10 minutes or cook in oil for 3 minutes.

For the sauce:

- 1 Saute minced garlic in cooking oil, add soy sauce and chilli. Serve as dip for steamed veggie-rooty siomai.
- 2 Use Altertrade's Pure Wild Honey as dip for fried veggie-rooty siomai.



## 5 Squash-Calamansi Juice

Healthy Juices

Preparation time: 10-15 minutes

Makes 500-700ml juice

Ingredients

3 kilos squash, sliced into desired sizes  
1 piece calamansi

Total Cost of 1 Recipe = Php76.00

How to prepare

- 1 Process ingredients in juicer according to instructions. Drink juice immediately or store in an air tight jar in the refrigerator for up to 24 hours.



## 6 Pineapple-Cucumber Juice

Healthy Juices

Preparation time: 10-15 minutes

Makes 400-500ml juice

Ingredients

1 small Pineapple, peeled and sliced  
3 regular sized Cucumber, unpeeled and sliced  
1 tablespoon Honey (optional)

Total Cost of 1 Recipe = Php75.00

How to prepare

- 1 Process ingredients in juicer according to instructions. Drink juice immediately or store in an air tight jar in the refrigerator for up to 24 hours.

