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# COOKBOOK

**41 RECIPES**  
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### CHICKEN KELAGUEN

#### INGREDIENTS

- 4 chicken quarter legs
- 4 green onions, sliced
- 1 yellow onion, chopped
- 1 lemon
- 1 tbsp. lemon powder
- 2 tsp. salt
- 1 coconut grated
- 5 peppers, chopped (add more if desired)

#### DIRECTIONS

Bake Chicken 400°F for 40 mins. When done, let chicken cool. Debone chicken and chop into small pieces. Combine all ingredients in bowl, squeeze lemon and mix.

**WATCH HOW TO MAKE HOKKIGAI CLAM, FISH AND MUSHROOM KELAGUEN ON OUR CHANNEL.**

CUT TITIYAS INTO WEDGES AND ENJOY WITH KELAGUEN!

### TITIYAS

#### INGREDIENTS

- 4 cups flour
- ¾ cups sugar
- 1 ½ tbsp. baking powder
- 1 pinch salt
- ½ cup oil
- ¾ cup water
- 5 oz. evaporated milk

#### DIRECTIONS

Set aside ½ cup of flour. Combine dry ingredients. Add in evaporated milk, water and oil. Knead until well incorporated, adding in the ½ cup of flour set aside earlier as needed. Form dough into balls, sprinkle some flour on your cutting board or smooth counter top to prevent the dough from sticking and roll out into circles of about ¼ inch thickness. With a fork, poke several holes through the dough to help steam escape. Heat a pan to medium heat. Place dough in pan, and flip once, when dough begins to brown.



### MÂNHA TITIYAS

#### INGREDIENTS

- 1 cup shredded young coconut
- ½ cup coconut milk
- 2 tbsp. butter, unsalted, melted
- ¾ cup sugar
- 1 ¾ cup flour
- Cooking spray for grilling

#### DIRECTIONS

In a large bowl, thoroughly combine coconut, coconut milk, butter, and sugar. Add flour to the mixture. Mix well until a pancake batter-like consistency is made. Scoop out ½ cup of the mixture onto parchment paper. Cover mixture with another sheet of parchment paper and then use a rolling pin to flatten it out. Continue to flatten the mixture until it becomes about ¼ of an inch thick. Next, place flattened mixture, still placed between the parchment paper, onto a greased pan over medium-low heat. Grill each side for about two minutes. Remove parchment paper and continue to grill the titiyas until lightly browned.



### TRADITIONAL SPAM MUSUBI

#### INGREDIENTS

- Spam
- ¼ cup soy sauce
- ¼ cup sugar
- ½ tbsp. mirin
- ½ cup rice
- 1 tsp. sriracha mayo
- 1 strip nori
- Empty Spam can
- Sandwich bag



#### DIRECTIONS

Combine soy sauce, sugar, and mirin in a small bowl. Slice and fry Spam over medium heat until golden brown. Lightly brush soy sauce, sugar, and mirin mixture onto cooked Spam. Place sandwich bag into empty Spam can. Compress hot rice into sandwich bag with a spoon. Spread a layer of sriracha mayo across the top of rice. Place a slice of Spam atop the layer of mayo. Compress layers firmly with a spoon. Center your mold and flip can over onto a horizontal strip of nori. Seal nori strip with a touch of water.

### DEEP FRIED SPAM MUSUBI

#### INGREDIENTS

- Spam
- ¼ cup soy sauce
- ¼ cup sugar
- ½ tbsp. mirin
- ½ cup rice
- 2 tsp. sriracha mayo
- 2 tsp. furikake
- 1 large strip nori
- 2 eggs
- 2 cups Panko breadcrumbs
- Empty Spam can
- Sandwich bag



#### DIRECTIONS

Combine soy sauce, sugar, and mirin in a small bowl. Slice and fry Spam over medium heat until golden brown. Lightly brush soy sauce, sugar, and mirin mixture onto cooked Spam. Place sandwich bag into empty Spam can. Compress ¼ cup hot rice into sandwich bag with a spoon. Spread 1 teaspoon of sriracha mayo across the top of rice. Sprinkle 1 teaspoon of furikake atop the layer of mayo. Place a slice of Spam into mold. Spread 1 teaspoon of mayo across Spam slice. Sprinkle 1 teaspoon of furikake atop the layer of mayo. Cover the furikake with the remaining rice. Compress layers firmly with a spoon. Center your mold and flip can over onto a horizontal strip of nori. Seal nori strip with a touch of water. Chill musubi in refrigerator for 30 - 60 minutes. Whisk eggs together in a small bowl. Place breadcrumbs in a bowl. Coat chilled musubi in egg wash then breadcrumbs twice. Flash fry musubi for approximately 2 minutes on each side.



### KIMCHI FRIED RICE SPAM MUSUBI

#### INGREDIENTS

- Spam
- 1 tbsp. butter
- 1 cup kimchi
- 2 ½ cups rice
- 1 strip nori
- Empty Spam can
- Sandwich bag



#### DIRECTIONS

Combine soy sauce, sugar, and mirin in a small bowl. Slice and fry Spam over medium heat until golden brown. Lightly brush soy sauce, sugar, and mirin mixture onto cooked Spam. Place sandwich bag into empty Spam can. Fry kimchi and rice in butter over medium heat. Compress ½ cup kimchi fried rice into sandwich bag with a spoon. Place a slice of Spam atop fried rice. Compress layers firmly with a spoon. Center your mold and flip can over onto a horizontal strip of nori. Seal nori strip with a touch of water.

## SPICY TERIYAKI WINGS

### INGREDIENTS

- 3 lbs. chicken wings and drums
- 1 cup soy sauce
- ½ cup rice wine vinegar
- ⅔ cup water
- 1 cup brown sugar
- 4 cloves garlic, minced
- 1 tsp. ginger, grated
- 1 tsp. red pepper flakes
- 3 tsp. cornstarch
- Green onions, chopped
- Roasted sesame seeds for garnish



### DIRECTIONS

In a medium bowl, combine soy sauce, rice wine vinegar, water, brown sugar, garlic, ginger, and red pepper flakes. Whisk ingredients together until sugar is dissolved. Remove ⅔ cup of mixture and set aside for later. Place wings and drums in sauce mixture and mix until chicken is evenly coated. Place bowl in refrigerator and allow to marinate for at least 4 hours. Preheat oven to 425°F. Once chicken has been marinated, place chicken on a metal wire cooling rack on a foil lined baking sheet. Bake chicken for 20 minutes on each side. Once chicken is cooked, remove from oven and brush with thickened sauce mixture. Return chicken to oven and broil for 3-5 minutes. Garnish with chopped green onion and roasted sesame seeds.

## HONEY DINANCHE WINGS

### INGREDIENTS

#### Wings:

- 2 cups flour
- 1 cups cornstarch
- 5 pinches garlic powder
- Salt & pepper to taste

#### Glaze:

- ½ cup soy sauce
- 2 tbsp. sesame oil
- 2 tbsp. denanche
- 4 tbsp. rice vinegar
- 4 tbsp. honey
- 2 cloves garlic
- 3 tsp. fresh ginger



### DIRECTIONS

Mix all sauce ingredients in a large bowl, set aside for later. Add garlic powder, corn starch, salt and pepper into the flour and combine well. Dredge chicken



in flour mixture. Heat oil to medium high and fry chicken for about 6-8 minutes. When all the chicken is cooked, place chicken in a large bowl and drizzle sauce over the top. Toss chicken with a pair of tongs until evenly coated with sauce.

## SHOYU POKE

### INGREDIENTS

- 1 lb. tuna steaks, cubed
- ¼ cup soy sauce
- 1 tbsp. sesame oil
- 1 tsp. fresh ginger, grated
- ½ yellow onion, sliced
- 1 stalk green onions, chopped
- 1 tsp. togarashi

### DIRECTIONS

In a medium bowl, combine all ingredients and lightly mix. Marinate in refrigerator for at least 2 hours before serving.



## KIMCHI POKE

### INGREDIENTS

- 1 tbsp. oyster sauce
- 1 tbsp. honey
- 1 tbsp. kimchi base
- ½ cup kimchi, chopped
- Shoyu Poke



### DIRECTIONS

In a small bowl, combine all ingredients and mix well. Combine mixture with Shoyu Poke, lightly mix, and marinate in refrigerator for at least 2 hours before serving.

## SPICY POKE

### INGREDIENTS

- ½ cup Kewpie mayo
- 1 tbsp. sriracha sauce
- Shoyu Poke



### DIRECTIONS

In a small bowl, combine Kewpie mayo, sriracha, and mix well. Combine mixture with Shoyu Poke, lightly mix, and marinate in refrigerator for at least 2 hours before serving.



## FRESH SPRING ROLLS AND PEANUT SAUCE

### Fresh Spring Rolls

### INGREDIENTS

- 15 shrimp, size 16/20
- 10 rice paper wrappers
- 10 green leaf lettuce leaves, stem ends removed, halved
- 6 oz. rice stick noodles, cooked
- 1 cup carrots, shredded
- 30 mint leaves
- 1 cup red cabbage, shredded
- 1 cup bean sprouts
- ½ cup cilantro
- 1 cucumber, sliced

### DIRECTIONS

In a medium pot, boil shrimp for about 1-½ minutes or until shrimp is pink and opaque. Once cooked, remove shrimp from pot and cool in an iced water bath. Peel shrimp, remove tail, and cut lengthwise into halves. Set aside. In a large bowl, dip rice paper wrapper in warm water for approximately 5 to 10 seconds. Remove wrapper from water and shake off any excess water. Lay wrapper on smooth surface. Place 1 lettuce leaf on bottom third of rice paper wrapper, then place 2 tablespoons of rice stick noodles, 1 tablespoon of carrots, 3 mint leaves, 1 tablespoon of red cabbage, 2 tablespoons of bean sprouts, and 1 teaspoon of cilantro on lettuce. Place 4 slices of cucumber and 3 pieces of shrimp above other vegetables. Fold the side closest to you over the length of the ingredients until you reach the shrimp. Then, fold in the sides and roll until spring roll is tightly sealed. Repeat with remaining ingredients. Serve with peanut sauce.



### Peanut Sauce

### INGREDIENTS

- 1 tbsp. sesame oil
- 1 garlic clove, minced
- ⅓ cup water
- 4 tbsp. crunchy peanut butter
- 1 tbsp. hoisin sauce
- 1 tbsp. sugar
- 1 tsp. chili garlic paste
- ½ lime, juiced
- Roasted peanuts, for garnish

### DIRECTIONS

In small pot, combine all ingredients over medium heat. Stir until smooth. Transfer to a serving bowl and sprinkle with roasted peanuts, if desired.



**SERVE WITH: SWEET CHILI SAUCE OR SWEET & SOUR SAUCE!**

## FRIED LUMPIA

### INGREDIENTS

- 1 tbsp. vegetable oil
- 3 garlic cloves, minced
- ½ cup onions, chopped
- 1 lb. ground pork
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tsp. garlic powder
- 1 tsp. soy sauce
- 3 cups cabbage, thinly sliced
- 2 cups carrots, thinly sliced
- Egg wash (1 egg + 1 - 3 tsp. water)
- Lumpia wrappers
- Vegetable oil, for frying

### DIRECTIONS

In a large pan, sauté onions and garlic in vegetable oil over medium-high heat. Add ground pork when onions become translucent and cook until brown. Stir in salt, black pepper, garlic powder, and soy sauce. Add cabbage and carrots to the pan. Mix to combine. Cook until vegetables become soft and tender. Remove from heat, drain any excess liquids, and set aside until mixture is cool enough to handle. After mixture has cooled, scoop two tablespoons onto a sheet of lumpia wrapper, about 1 inch away from the corner closest to you. Fold the corner over the length of the mixture. Fold in side corners and roll until only one corner is left unrolled. Dab the unrolled corner with egg wash to seal the lumpia. Heat vegetable oil, about an inch or two deep, over medium-high heat in a large pot for about 5 minutes or until oil is ready for frying. Fry lumpia for about 1 - 2 minutes on each side. Remove and cool lumpia over a paper towel covered plate or baking rack. Serve lumpia with sweet chili sauce for dipping.



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## AVO - BLUEBERRY MUFFINS

### INGREDIENTS

- 1 cup whole wheat flour and 1 cup oat flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 8 oz. ripe avocado
- ½ cup sugar
- 1 egg
- 1 tsp. vanilla extract
- 1 cup plain yogurt
- 6 oz. blueberries
- 1 tsp cinnamon

### DIRECTIONS

In a medium bowl, combine flours, baking powder, baking soda, and salt. In a stand mixer, cream avocado. Blend in sugar, setting aside 1-2 tbsp for final topping. Gradually blend in egg, vanilla, and then yogurt. Sift half of the dry mixture into wet mixture until just combined. Sift in remaining flour gradually. Fold in blueberries. Scoop batter into lined muffin tin. Top with sugar and cinnamon. Bake 30-40 minutes at 375°F.

## QUINOA VEGAN BURGER

### INGREDIENTS

- ½ cup onion
- 1 tbsp. sliced garlic
- 2 cup quinoa (cooked)
- 1 cup sweet potato (cooked)
- ¼ cup fresh basil
- ¼ cup fresh parsley
- 2 tbsp. unsalted sunflower seeds
- Olive oil, as needed
- Flax meal binder: 1 tbsp. flax meal, 3 tbsp. water

### INSTRUCTIONS

Preheat oven to 375°F. In a food processor add all ingredients and pulse until combined. On a baking sheet evenly spread mixture and bake for 8-10 min. Add mixture to a bowl and let cool. Once cooled add flax meal binder and combine well. Divide mixture into 8 (2 oz.) patties and refrigerate for 20-30 min to let set up. Preheat a non stick pan on medium high heat. Add olive oil and sear patties on 1 side for 2-3 min or until golden brown. Flip patty over and brown for another 2-3 min.

## SPINACH MUSHROOM CANADIAN BACON GALETTE

### INGREDIENTS

- 1 pie crust (premade or recipe: 1 cup flour, ½ tsp. salt, 1 stick butter, 4 tbsp. cold water)
- 2 cup spinach
- 1 cup mushroom
- ½ cup Canadian bacon
- ½ cup sundried tomato
- 1 tsp. basil
- 1 cup mozzarella cheese
- 1 lemon juice and zest
- ¼ cup sour cream
- 2 garlic cloves, mince
- Salt and pepper, to taste
- 1 egg wash



### INSTRUCTIONS

Preheat oven to 400°F. Cook the bacon until crisp, then add mushrooms. Lay the pie crust on a flat surface baking sheet into a flat disk shape. Spread the sour cream in the center of the crust, then sprinkle a layer of cheese on top. Layer the spinach on top of cheese. Next, layer the bacon and mushrooms, then top with the sundried tomato. Fold the edges of the pie in towards you, forming a crust. Continue all around the filling, pulling one part fold over the crust then working your way around. The middle should be opened face. Sprinkle the garlic and basil on top. Drizzle some olive oil and season with salt and pepper. Brush the sides of the crust with the egg wash and bake for about 35-40 minutes at 400°F.

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## SHRIMP PATTIES

### INGREDIENTS

- 2 eggs
- 10 oz. can evaporated milk
- 10 oz. mixed vegetables
- 3 cups shrimp, chopped
- 3 tbsp. garlic, minced
- 1 tsp. salt
- 1 tsp. black pepper
- 2 tbsp. baking powder
- 2 cups flour
- Oil, for frying

### DIRECTIONS

Heat oil in a large pan until ready for frying. Whisk together eggs and evaporated milk in a mixing bowl. Stir mixed vegetables, shrimp, garlic, salt, and black pepper into mixture. Add baking powder and flour. Mix well until batter is smooth. Carefully drop spoonfuls of batter into hot oil and fry until golden brown.



## CHUNKY CHICKEN CHALAKILIS

### INGREDIENTS

- 2 cups rice, uncooked
- 2 tsp. vegetable oil
- 1 medium onion, chopped
- 1 tbsp. garlic, chopped
- 3 lbs. boneless chicken, chopped
- ½ tsp. black pepper
- 13 cups water
- 1 packet achote powder
- 3 cubes chicken bouillon

### DIRECTIONS

Preheat oven at 350°F. Place uncooked rice on a baking sheet and toast in the oven for 7-8 minutes or until golden brown. In a pot, sauté onions and garlic in oil until onions become translucent. Mix in chicken and black pepper. Cook over medium heat until chicken is no longer pink. Add rice, achote powder, and water to the pot. Stir and bring to a boil. Add bouillon cubes to mixture, mashing mixture while stirring until desired consistency.



## MANGO SALSA (ENSALADAN MANGGA)

### INGREDIENTS

- 2 ripe mangoes (or 1 cup thawed frozen chunks)
- 1 cup local cherry tomatoes, chopped
- ¼ cup red onion, chopped
- ¼ cup chopped cilantro
- 2 tbsp. calamansi juice
- ¼ tsp. sea salt, or to taste
- ¼ cup low-sodium black beans, washed and drained (optional)

### DIRECTIONS

Wash, peel, and remove the seed of the mango. Dice the mango, tomato, and onion and chop cilantro. Combine with calamansi juice and salt (and beans) in a bowl. Mix well. Place in refrigerator until ready to serve. Serve with whole grain tortilla chips or Banana Chips.



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Chagi | Buñelos Three Ways



Chagi | Lemon and Herb Spaghetti Squash with Mussels



Chagi | Mãnha Titiyas



Chagi | Rosketti

# NĀ'YAN PRENSEPĀT



## GROUND BEEF TINAKTAK

### INGREDIENTS

- 3 lbs. ground beef
- 4 garlic cloves, minced
- ½ yellow onion, diced
- 2 cups green beans, chopped, 2 inches long
- 2 cups cherry or grape tomatoes, halved
- 2 cans coconut milk
- 2 tsp. salt
- 1 tsp. black pepper
- ½ tsp. lemon powder

### DIRECTIONS

Cook ground beef until meat is browned in a large pot over medium high heat. Once meat is cooked, drain any excess oil. Return pot to heat and add garlic and onions. Cook until onions soften. Add green beans, tomatoes, coconut milk, salt, black pepper, and lemon powder to ground beef mixture. Stir to combine. Turn heat to low and simmer for about 5 minutes or until green beans soften, stirring occasionally. Serve over rice.



## EGGPLANT IN COCONUT MILK

### INGREDIENTS

- 6 eggplants
- Half yellow onion, chopped
- Hot peppers, to taste
- 1 can coconut milk
- 1 tbsp. lemon powder
- 1 ½ tsp. salt
- 1 stalk green onions, chopped

### DIRECTIONS

To prevent from bursting, use a fork to poke holes in the eggplants prior to grilling. Grill eggplants until dark brown/black and soft, turning them frequently to ensure they are evenly cooked. Cool eggplants in a bowl of water. Once cool, peel the skin off the eggplants. Separate eggplants while keeping them connected to the stems, place in a small baking dish and set aside. Combine yellow onions, hot peppers, coconut milk, lemon powder, and salt in a medium bowl. Mix thoroughly until lemon powder and salt dissolve. Pour mixture over eggplants. Work mixture between eggplants to ensure they are thoroughly coated. Garnish dish with green onions and chill for about 1-2 hours.



## TERIYAKI BACON BURGER

### INGREDIENTS

- 1 lb. ground beef
- 2 tbsp. teriyaki sauce
- 4 pineapple rings
- 4 pieces of bacon, cook until crisp
- 4 slices Monterey jack cheese
- Hamburger buns

### Spicy Cilantro Mayo

- ⅓ cup mayonnaise
- 1 tsp. sriracha or chili sauce
- 1 tbsp. cilantro, finely chopped



### DIRECTIONS

Using your hands, gently mix the ground meat with the teriyaki in a medium bowl. Be careful not to overwork the mixture as that can toughen the meat. Divide into four quarter-pound patties.

Grill pineapple slices for approximately 1 minute on each side on your grill of choice. Cook burgers until desired doneness on a grill. Place a piece of bacon on each and then top with a piece of Jack cheese to hinge the bacon in place. Top with a grilled pineapple slice and serve on hamburger buns spread with spicy cilantro mayo.

## NEW YORK STEAK W/ GARLIC BUTTER

### INGREDIENTS

- 2 New York steaks (6-8 oz. each)
- ½ stick butter
- 2 garlic cloves, minced
- 1 tsp. garlic powder
- 1 tsp. parsley, chopped
- Olive oil for frying
- Salt to taste
- Black pepper to taste

### DIRECTIONS

Preheat oven to 425°F. Combine butter, garlic, garlic powder and parsley flakes in a small sauce pan over medium heat. Stir until butter is melted. Remove from heat and set aside. Salt and pepper both sides of steaks and fry in a medium pan over high heat, searing each side for about 3-4 minutes. Flip steaks over and brush liberally with the garlic butter. Place steaks on a small baking sheeting and place in oven. Check for desired doneness. Remove from oven and transfer steaks to serving plate and add more garlic butter if desired. Let steaks rest for about 5 minutes before serving.



## LOBSTER TAILS W/ GARLIC LEMON BUTTER

### INGREDIENTS

- 2 lobster tails (5-6 oz. each)
- 1 tbsp. parsley, chopped
- 2 cloves garlic, minced
- 1 tsp. Dijon mustard
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 1 ½ tbsp. olive oil
- 1 tbsp. lemon juice
- 1 tbsp. unsalted butter, divided

### DIRECTIONS

Use kitchen scissors to cut through the top shell of the lobster tail, stopping at the base of the tail and snipping through the top portion of the meat as you go. Flip the tail over to the see-through side and crack the ribs in the center. This will help open the shell. Open the shell carefully using thumbs and fingers and loosen meat from the shell. Remove vein if present. Lift the meat from the shell, keeping it attached at the base. Press the shell together and set the lobster meat over the top. Most of the lobster meat should be sitting on top of the shell. Place rack in center of oven so the tops of your lobster tails will be about 6 inches from the top heating element. Preheat oven to broil. In a small bowl, combine parsley, garlic, dijon mustard, salt, pepper, olive oil and lemon juice. Place lobster tails on a small baking sheet. Divide marinade evenly over the tops of each lobster tail and dot each tail with butter. Broil lobster tails 6-8 minutes. When done, lobster meat should be opaque and white in the center. Transfer to serving platter and garnish with parsley if desired.



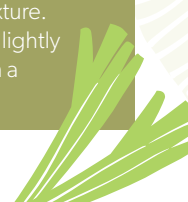
## SUSHI BAKE

### INGREDIENTS

- 3 cups rice, cooked
- Furikake
- 1 lb. imitation crab meat, finely chopped
- ¾ cup Kewpie mayo
- ½ cup sour cream
- 1 ½ tbsp. Sriracha
- Nori sheets, small

### DIRECTIONS

Preheat oven to broil. In a large bowl, combine imitation crab meat, Kewpie mayo, sour cream, and Sriracha. Mix thoroughly. In a large casserole dish, lightly press rice into an even layer. Liberally sprinkle furikake across the top of the rice layer. Evenly spread the crab mixture on top of furikake layer. Sprinkle more furikake on crab mixture. Broil for approximately 5 minutes or until the top is lightly browned. Scoop and place a slice of sushi bake on a sheet of nori, wrap and enjoy.





## CRANBERRY CHICKEN SALAD WRAP

### INGREDIENTS

- 2 cups rotisserie chicken breast, shredded
- ½ cup dried cranberries
- ¾ cup celery, chopped
- ½ cup walnuts, chopped
- ¼ tsp. salt
- ¼ tsp. white pepper
- ½ cup avocado mayonnaise
- Whole wheat tortillas
- 2 tbsp. cilantro, chopped

### DIRECTIONS

In a large bowl combine chicken, cranberries, celery, walnuts, salt, white pepper, and avocado mayo. Mix thoroughly. For each wrap, spread two spoonfuls of the mixture on a whole wheat tortilla. Sprinkle with cilantro. Cut into even portions and serve immediately, or wrap tightly and store in the refrigerator until serving.

## TOFU LETTUCE WRAP

### INGREDIENTS

- 3 tbsp. hoisin sauce
- 3 tbsp. low sodium soy sauce
- 2 tbsp. rice vinegar
- 1 tsp. sesame oil
- 2 tsp. coconut oil
- 1 12-14 oz. package tofu, firm
- 1 cup shiitake mushrooms, chopped
- ½ cup water chestnuts, chopped
- 2 garlic cloves, minced
- 2 tsp. ginger, grated
- ¼ tsp. red pepper flakes (omit if sensitive to spice)
- 4 green onions, sliced
- 8 leaves of lettuce, butter or romaine



## AVOCADO CHICKEN SALAD WRAP

### INGREDIENTS

- 2 cups rotisserie chicken breast, shredded
- 1 ripe avocado, mashed
- 4 tbsp. plain Greek yogurt
- ½ cup shredded cheddar cheese
- 2 tbsp. red onion, diced
- 2 green onions, sliced
- 2 tbsp. cilantro, chopped
- 1 tbsp. lime juice
- ½ tsp. garlic powder
- ½ tsp. black pepper
- Whole wheat tortillas

### DIRECTIONS

In a large bowl combine chicken, mashed avocado, plain Greek yogurt, cheddar cheese, red onion, green onions, cilantro, lime juice, garlic powder, and black pepper. Mix thoroughly. For each wrap, spread two spoonfuls of the mixture on a whole wheat tortilla. Cut into even portions and serve immediately, or wrap tightly and store in the refrigerator until serving.



### DIRECTIONS

In a small bowl, combine hoisin, soy sauce, rice vinegar, and sesame oil. Stir to combine and set aside. Place tofu between sheets of paper towel and squeeze until tofu is dry. Crumble tofu over coconut oil on a medium pan over medium high heat. Cook tofu for 5 minutes, then add mushrooms. Continue cooking until mixture becomes golden brown. Then, add water chestnuts, garlic, ginger, and green onions. Thoroughly mix and cook for about 30 more seconds. Pour soy sauce mixture over tofu. Stir to combine and cook until sauce is warmed. Scoop a spoonful of the mixture onto lettuce leaves and top with green onions.



## CHOCOLATE AÇAÍ BERRY BOWL

### INGREDIENTS

- 1 banana, frozen
- 1 packet frozen açai puree
- 1 tbsp. cacao powder
- ½ cup almond milk
- 1 tbsp. almond butter
- ½ cup granola
- ½ banana, sliced
- ¼ cup shaved coconut
- 1 tsp. chia seeds
- Raspberries

### DIRECTIONS

Blend banana, açai puree, cacao powder, almond milk and almond in a high speed blender until smooth and creamy. Transfer to a bowl and top with granola, banana slices, shaved coconut, chia seeds, and raspberries.



## POWER BERRY BOWL

### INGREDIENTS

- 1 cup blackberries
- 1 cup blueberries
- 1 banana, frozen
- 1 packet frozen açai protein blend
- ½ cup coconut water
- ½ banana, sliced
- ¼ cup dragon fruit, cubed
- ¼ raspberries
- ¼ cup blackberries
- 1 tsp. chia seeds
- 1 tsp. shaved coconut
- 1 tbsp. honey

### DIRECTIONS

Blend blackberries, blueberries, banana, açai protein blend, and coconut water in a high speed blender until smooth and creamy. Transfer to a bowl and top with banana slices, dragon fruit, raspberries, blackberries, chia seeds, shaved coconut, and a drizzle of honey.



## SPAGHETTI SQUASH PANCIT

### INGREDIENTS

- 1 medium spaghetti squash, halved
- 1 tbsp. olive oil
- ½ onion, diced
- 3 garlic cloves, minced
- 1 lb. chicken breast, thin sliced
- ½ head cabbage, shredded
- 1 carrot, julienned
- 2 stalks celery, diced
- ¼ cup low sodium soy sauce
- 1 lemon

### DIRECTIONS

Scrape out seeds from squash using a spoon. Roast at 350°F on a baking dish, flesh side down, for 20-30 minutes. Let cool, then scrape out strands of flesh using a fork. In a large skillet, saute onion, garlic, and chicken in oil. Once the chicken is cooked thoroughly, add cabbage, carrots, celery, and soy sauce. As cabbage softens, add squash strands. Toss until well combined. Remove from heat. Squeeze lemon juice over pancit before serving.



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# FINA' MAMES



## BANANA CHIPS (HOTNON AGA')

### INGREDIENTS

- 1 green cooking banana
- 1 tsp. coconut oil, melted
- ½ tsp. sea salt

### DIRECTIONS

Preheat oven to 350°F. Line a baking sheet with parchment paper. Cut the ends off and score the length of the banana with three evenly spaced cuts. Be sure to only cut through the skin and not too far into the flesh. Peel the banana then slice diagonal as thinly as you can. Toss the slices with melted coconut oil and lay out on the baking sheet. Sprinkle with the salt and bake for 20-25 minutes, removing once golden.

## PUMPKIN LATIYA

### INGREDIENTS

- Sponge or pound cake
- 1 cup carnation milk
- 1 cup sweetened condensed milk
- 1 ½ cup pure pumpkin
- 1 tbsp. pumpkin spice
- ½ tsp. cinnamon
- 2 tbsp. cornstarch



### DIRECTIONS

Thinly slice the sponge or pound cake and set on serving dish for later. Make custard by combining milks in a medium pot. Bring to a boil. Stir constantly to avoid burning the milk. Add the pure pumpkin, pumpkin spice, and cinnamon to the milk mixture. Mix thoroughly. Turn heat to low and slowly add in corn starch. Add more if needed to reach desired consistency. Stir until mixture thickens. Once mixture has thickened, remove pot from heat and cool to room temperature. Spread custard over the cake and sprinkle with cinnamon, to taste.



## PUMPKIN TURNOVER (PÅSTIT)



### INGREDIENTS

#### Pastry:

- 5 cups all-purpose flour
- ¼ cup granulated sugar
- ¼ cup all-purpose shortening
- ¾ cup margarine
- 1 ½ iced water
- ¼ cup whole milk for baking

#### Filling:

- 15 oz. 100% pure pumpkin
- 1 cup brown sugar
- ⅛ cup granulated sugar
- ½ tsp. cinnamon
- ⅛ tsp. pumpkin pie spice

### DIRECTIONS

Preheat oven to 350°F. Combine the pumpkin, both sugars, cinnamon and pumpkin pie spice and mix well. In a separate bowl, combine flour, sugar and shortening into mixing bowl. Mix to a crumb consistency. Add several tablespoons of the iced water until dough is formed. Shape into a log. Cut dough into approximately 2 oz. pieces. With a rolling pin, roll dough out to approximately 5" inches in diameter. Add a tablespoon of the pumpkin mix in the center. Fold over the other end of the pastry to make half moon shape. Press the end circle together and decorate with a fork to seal the pastry. Avoid getting the filling on the ends so that the pastry can seal properly. Poke the center of the turnover with a fork to allow steam to escape while baking. Bake pastit for 20 minutes or until lightly brown. Take out of the oven and brush with milk for a glossy finish. Place back into the oven for another 10-15 minutes or until golden brown.



## BUÑELOS MÅNGGA (MANGO DOUGHNUTS)

### INGREDIENTS

- 16 oz. ripe mangoes (fresh or frozen)
- ¼ cup milk
- 1 cup all-purpose flour
- ½ cup sugar
- ½ tsp. baking powder
- ⅛ tsp. salt
- Vegetable oil, for frying

### DIRECTIONS

Preheat oil over medium heat. In a large bowl, combine mango and milk. Add flour, sugar, baking powder, and salt to mixture. Stir until mixture becomes a batter. Drop batter into oil in increments of approximately 2 tablespoons. Fry until evenly browned on both sides, then remove and place on paper towels to dry any excess oil.



## ÀHU

### INGREDIENTS

- 8 cups coconut juice
- 8 cups water
- 2 cups sugar
- 4 cups young coconut, chopped
- 1 cup tapioca starch
- 1 cup water
- 1 cup tapioca starch

### DIRECTIONS

In a large pot, combine coconut juice, water, and sugar. Bring to a boil and stir until sugar dissolves. To create the dumplings, combine young coconut and tapioca starch in a medium mixing bowl. Mix thoroughly until desired consistency is met. Scoop about half a teaspoonful of the batter and drop it into the boiling liquid mixture. When the dumplings are done, they should float to the top of the pot. If the dumplings fall apart during cooking, you may need to add a couple more tablespoons of tapioca starch to your dumpling mixture. Once all dumplings have floated to the top, combine water and tapioca starch in a small bowl and stir it into the pot to thicken the liquid. Cook for about 5 more minutes, stirring occasionally, until liquid thickens and dumplings become more translucent.



## MALASADAS

### INGREDIENTS

- ½ cup water
- 1 tbsp. sugar
- 1 envelope active dry yeast
- ½ cup milk
- ¼ cup vegetable oil
- ¾ cup sugar
- 3 cups flour
- Oil, for frying
- ½ cup sugar
- 1 tsp. cinnamon

### DIRECTIONS

Warm water in microwave for approximately 30 seconds. Add sugar and yeast to water. Mix thoroughly and set aside for 5 minutes. In a medium-sized mixing bowl, combine egg, milk, vegetable oil and sugar with a whisk. Slowly mix in 1 ½ cup flour to the egg mixture a little at a time. Then, add yeast mixture and mix well. Once combined, slowly mix in the remaining 1 ½ cup flour to the mixture. Knead dough for approximately 10 minutes or until it becomes smooth and stretchy. If the dough is too sticky to easily remove from the bowl, slowly add up to ¼ cup flour. Spray your hands with cooking spray to prevent the dough from sticking to your hands. Remove the dough from the bowl and place it into another bowl greased with cooking spray. Cover the bowl with a damp cloth and allow the dough to rise in a warm area for about 1-2 hours. Once the dough has risen, lightly punch the dough and separate it into 1-2 inch balls. Place the balls on a greased baking sheet, cover again with a damp cloth, and allow to rise for about 30 more minutes. Fry your dough balls in oil over medium-high heat until golden brown. Remove malasadas from oil and drain over a paper towel. While the malasadas are still hot, coat them in a combination of sugar and cinnamon.



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## MANGO PINEAPPLE POPSICLES

### INGREDIENTS

- Pineapple half, cubed
- 2 whole ripe mangos, peeled, pitted and cubed



### DIRECTIONS

Combine all ingredients in a blender and blend until smooth. Pour mixture into a popsicle mold and freeze for 4-5 hours. Remove from freezer and run molds under water to more easily remove popsicles.



## STRAWBERRY WITH LOCAL WATERMELON POPSICLES

### INGREDIENTS

- 3 cups watermelon, cubed
- 1 ½ cup strawberries, hulled and halved
- ¼ cup sugar
- 1 ½ tablespoons fresh calamansi juice

### DIRECTIONS

Combine all ingredients in a blender and blend until smooth. Pour mixture into a popsicle mold and freeze for 4-5 hours. If you chose to use seeded watermelon, strain the mixture through a fine-mesh strainer into a medium bowl and press on the solids to extract as much liquid as possible before pouring into popsicle mold. Remove from freezer and run molds under water to more easily remove popsicles.

## CALAMANSI MINT POPSICLES

### Simple Syrup

### INGREDIENTS

- ¼ cup water
- ¼ cup sugar

### DIRECTIONS

Heat water and sugar in a small saucepan over medium heat until sugar dissolves. Set aside to cool.



### Popsicle

### INGREDIENTS

- 1 cup water
- ¼ cup simple syrup
- 6 - 8 mint leaves
- ¼ cup fresh calamansi juice
- Zest of one calamansi

### DIRECTIONS

Combine all ingredients in a blender and blend until smooth. Pour mixture into a popsicle mold and freeze for 4-5 hours. Remove from freezer and run molds under water to more easily remove popsicles.



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## PINEAPPLE SMOOTHIE

### INGREDIENTS

- 1 banana, frozen
- 1 cup pineapple chunks
- ¾ cup plain yogurt
- 1 cup ice
- 1 cup pineapple juice
- 1 tbsp. sugar (optional)

### DIRECTIONS

Peel and chop frozen banana. Combine banana, pineapple chunks, yogurt, ice, pineapple juice, and sugar in a blender. Blend until smooth.

