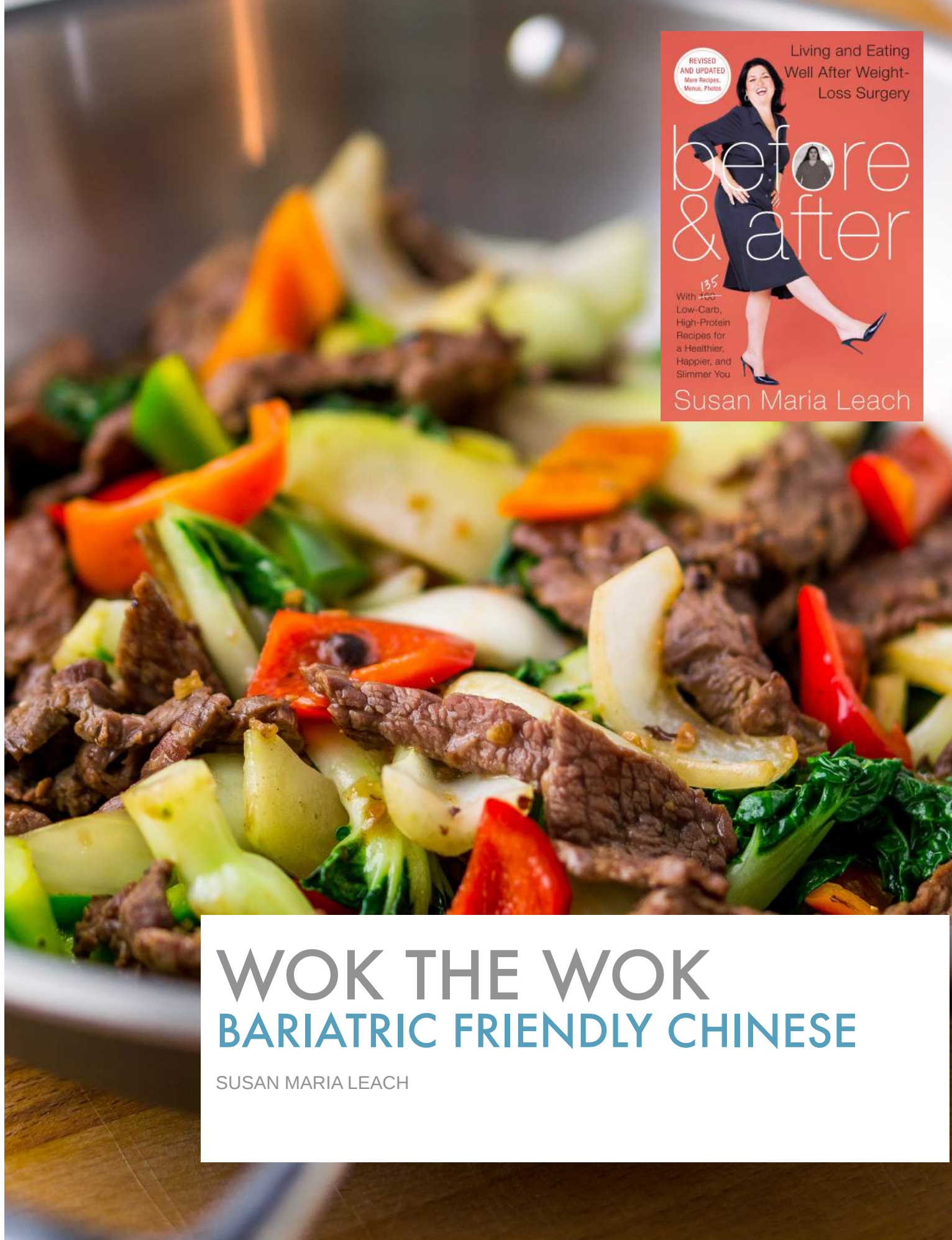




WOK THE WOK

BARIATRIC FRIENDLY CHINESE

SUSAN MARIA LEACH



1

INTRODUCTION

BariatricEating Founder Susan Maria Leach has helped more people who've had weight loss surgery than anyone on the planet, a passion she draws from true empathy for those who struggle after this drastic operation. A prolific cook, writer, and 2001 RNY post op, her international bariatric bestseller, *Before & After*, was nominated for three **IACP Culinary Awards**. Susan is on a mission to help those having bariatric surgery live a slimmer, happier and much better tasting life.



This home version of 'Chicken Chow Mein' uses leftover rotisserie chicken stir fried with vegetables and Asian sauce ingredients from the pantry.

MISS CHINESE?

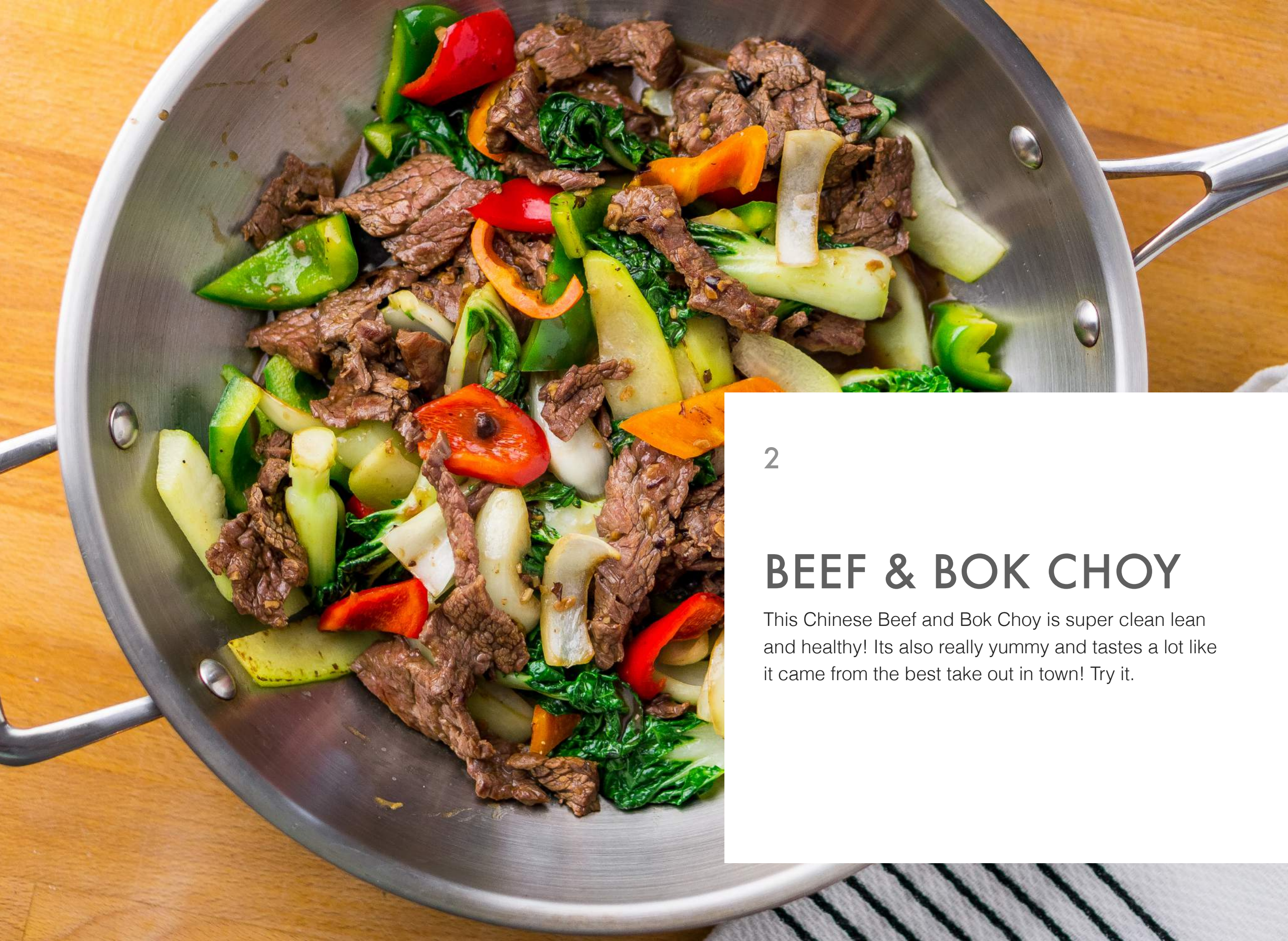
Chinese food is super delicious but not Bariatric Friendly - the sauces are very high in sugar and many of the chicken or beef bites are deep fried before being tossed with sauce.

If you have any doubt as to the sugar and carbs in everyday Chinese takeout, look at the Nutrition Page of Pei Wei Asian Bistro. It's promoted as 'clean' and 'healthy' but I practically fell asleep in my seat after my first time eating there. Then I discovered that their Beef and Broccoli had 40 grams of sugar! I still order it but ask for soy sauce only.

If Pei Wei is *healthy* Chinese - I can imagine the nutrition stats for local take out. The Chinese food we often choose is NOT healthy.

These are my slimmed versions of 'Take Out' Favorites that capture the flavors you love and come together as simple 'skinnier' dishes in just minutes. Of course, we still follow the rules of no rice, no fried noodles, no wontons and no drinking with or after your meal - that's for life!

Ciao, Susan Maria - author Before & After, founder BariatricEating.com, bariatric surgery 2001.



2

BEEF & BOK CHOY

This Chinese Beef and Bok Choy is super clean lean and healthy! Its also really yummy and tastes a lot like it came from the best take out in town! Try it.

HINT: Have everything cut up and ready to go into the pan before even thinking about firing up the pan. This applies to all your Asian cooking.

Ingredients

2 teaspoons freshly grated fresh ginger

2 cloves garlic, minced

1 medium red or orange bell pepper, cored and sliced

1/2 medium white onion, sliced

2 teaspoons canola oil

1/2 pound top round beef, thinly sliced

1/2 pound baby bok choy (usually 3 or 4 small ones, ends trimmed, leaves separated and cut if larger than 1/2 inch by 2 inches)

1/3 cup **House of Tsang Classic Stir Fry sauce**

2 teaspoons cornstarch

Instructions

Heat a large skillet or wok over high heat.

Sauté the garlic, ginger, pepper, and onion in the oil until softened, 2 to 3 minutes. Add the beef and stir fry until browned, 1 to 2 minutes.

Add the bok choy, toss and cook until the bok choy just begins to wilt, 1 to 2 minutes.

Blend the sauce and cornstarch in a small bowl until smooth.

Add to the wok and cook, stirring constantly until sauce is thick and glossy - 1 to 2 minutes.



3

SHRIMP EGG FOO YUNG

I love Egg Foo Yung. This fresh version of the classic Chinese omelet has crisp tender vegetables and a wonderful light sauce. Lots and lots of bean sprouts! It is also very easy to make. Give it a try and it will be your 'go to' meal when you are short on time.

You can pair any leftover diced protein - shrimp, ham, chicken - with the bean sprouts in your Chinese omelet. It's the sauce that makes it Egg Foo Yung for me!

Ingredients

Sauce

1 cup chicken broth
1 tablespoon soy sauce
2 tablespoons oyster sauce
1 tablespoon cornstarch
1/2 teaspoon sesame oil

Egg 'Pancakes'

About 2 tablespoons peanut oil
3 scallions, white and green parts, chopped
3/4 cup diced raw shrimp
1/2 cup diced water chestnuts
1/4 cup finely chopped celery
2 cups fresh bean sprouts
1 tablespoon soy sauce
6 large eggs

Instructions

Stir together the broth, soy sauce, oyster sauce, cornstarch and sesame oil in a small pot. Bring to a boil over high heat and cook, whisking until thickened, 2 to 3 minutes - remove from heat and keep warm.

Heat 1 teaspoon of oil in a medium nonstick skillet and sauté the scallions, shrimp, water chestnuts and celery for one minute, until they smell wonderful. Add the bean sprouts and soy sauce then toss until slightly wilted, 30 to 45 seconds. Transfer to a bowl and set aside to cool for a few minutes.

Wipe out the skillet to use for the egg pancakes. Beat the eggs in a large bowl and stir in the wilted vegetables. Use 1 teaspoon peanut oil to coat the skillet and heat over medium high. Ladle about 1/2 cup of the egg and vegetable mixture to form a 4 inch wide pancake. Cook for 1 to 2 minutes per side, until golden brown. This makes 4 pancake omelets in my kitchen. Spoon a little of the warm sauce over each of the egg pancakes, stack and serve.



4

EGG ROLLS, UNROLLED

I've always loved egg rolls but after bariatric surgery its not a good choice as there are too many carbs and too much oil. The key to this wonderful egg roll filling is using the right ingredients! This is a delicious stir fry that is just like the inside of an egg roll.

TIP: The simple flavors make this one of my favorite meals! Instead of buying a whole cabbage, make this with a bag of shredded cole slaw mix.

Ingredients

1/2 pound boneless skinless chicken thighs, visible fat removed, cut into thin slices

4 tablespoons soy sauce

2 teaspoons cornstarch

2 teaspoons peanut oil

2 teaspoons grated fresh ginger

3 garlic cloves, very finely minced

4 cups sliced cabbage

2 carrots, grated

1 bunch scallions, chopped

2 tablespoons Chinese rice wine or dry sherry

1 tablespoon sesame oil

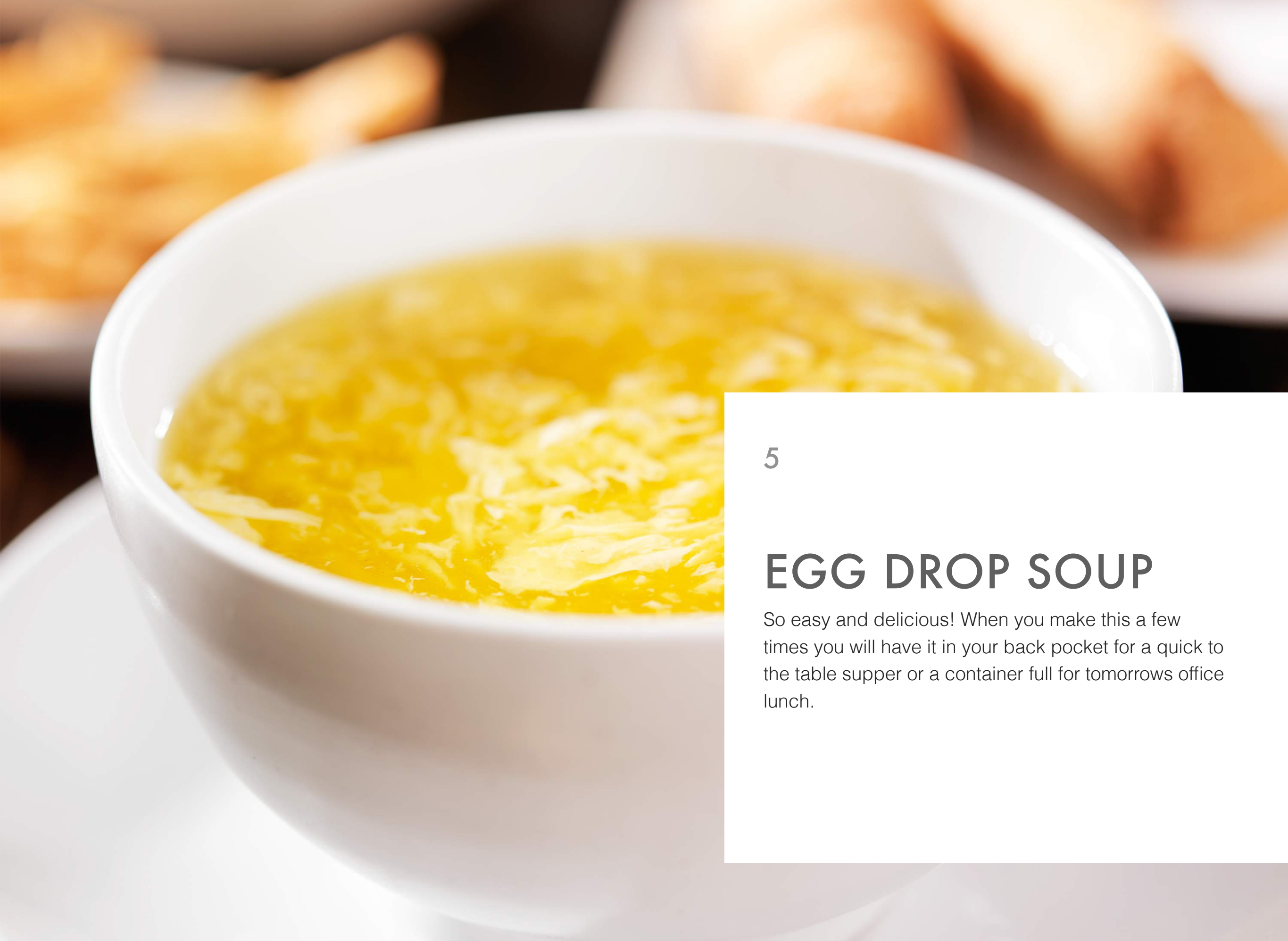
Freshly ground black pepper

Instructions

Mix the chicken, 1 tablespoon soy sauce and cornstarch in a small bowl to coat and set aside to marinate for a few minutes.

Heat the oil in a hot wok and stir fry the chicken until just cooked through, 2 to 3 minutes, remove to a bowl. Stir fry the ginger and garlic until fragrant, 1 to 2 minutes. Add the cabbage, carrots and scallions and stir fry until vegetables have softened, 2 to 3 minutes.

Add the chicken back to the pan - add the rice wine, remaining 3 tablespoons soy sauce, sesame oil and a few grinds of black pepper - continue to toss until vegetables are crisp tender 2 to 3 minutes.



5

EGG DROP SOUP

So easy and delicious! When you make this a few times you will have it in your back pocket for a quick to the table supper or a container full for tomorrow's office lunch.

TIP: The perfect broth for your earliest food stages after bariatric surgery. Later on, it pairs well with a deli lettuce roll up.

Ingredients

4 cups prepared chicken stock - Swanson Natural Goodness is excellent

½ teaspoon grated fresh ginger

2 teaspoons soy sauce

1 tablespoon cornstarch

2 eggs, lightly beaten

Instructions

Whisk the broth, grated ginger, soy sauce and cornstarch in a medium saucepan until cornstarch is completely dissolved. Bring to a boil, whisking constantly, and cook until glossy and thickened.

Reduce heat to a simmer. While stirring the soup, slowly pour in the egg in a thin stream. The egg will spread and feather. Turn off the heat and simmer a few moments before serving.



6

CHICKEN CHOW MEIN

This dish comes together in ten minutes by using leftover or shredded rotisserie chicken with a few crisp vegetables. Faster than take out!

TIP: Chopsticks make Chinese at home taste even better. This set was a couple dollars in the clearance section of Pier One.

Ingredients

1 tablespoon peanut oil

1 medium onion, sliced

2 garlic cloves, minced

Half a small head Napa Cabbage, finely shredded, about 4 cups

1 cup snow peas

2 tablespoons soy sauce

1 teaspoon sesame oil

1/3 cup chicken broth

2 teaspoons cornstarch

2 cups shredded chicken, from rotisserie chicken

Sesame seeds

Instructions

Heat the oil and stir fry the onion and garlic until translucent. Add the cabbage and snow peas and toss until softened, 2 to 3 minutes. Blend the soy sauce, sesame oil, broth and cornstarch - add to the hot pan and toss until thickened and glossy.

Fold in the chicken, scatter with sesame seeds and serve.



7

SHRIMP FRIED RICE

Miss Fried Rice? Rice is not a good choice after bariatric surgery. This recipe has all the stir fry flavors but uses a few cups of grated cauliflower - most people would not know the difference. Its really delicious!

TIP: Take your head of cauliflower to an old fashioned metal box grater and it takes under a minute. Don't pay a fortune for bags of riced vegetable.

Ingredients

Peanut oil

1/2 cup small shrimp, peeled and cleaned or 1/2 cup diced smoked ham

1 teaspoon grated ginger

2 garlic cloves, minced

1/4 cup finely chopped onion

1/4 cup finely diced carrot

1/2 small head of cauliflower - pulsed in food processor or grated on medium holes of a box grater, about 5 cups total

3 tablespoons soy sauce

1 teaspoon sesame oil

4 scallions, sliced

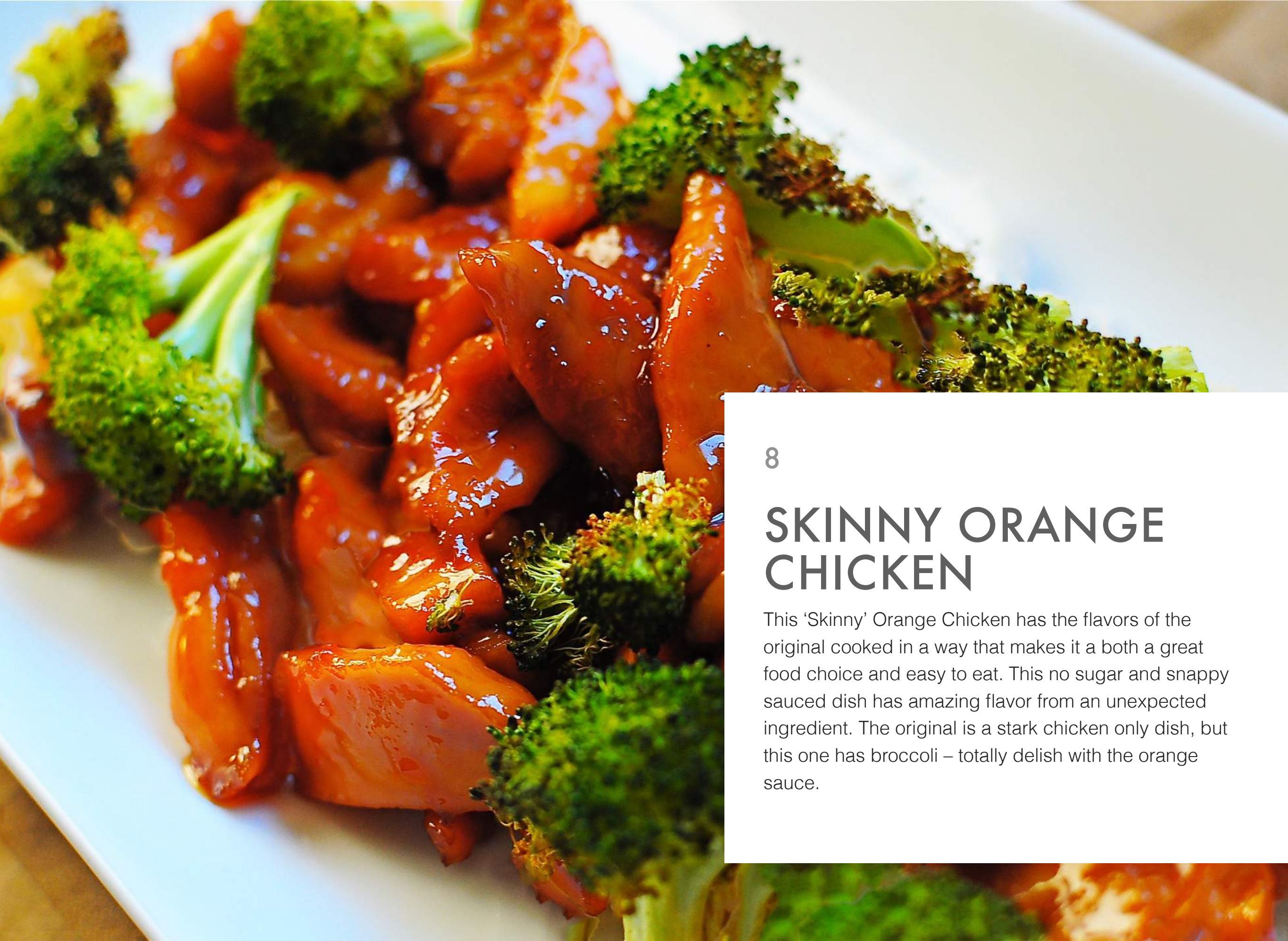
2 eggs, well beaten

Instructions

Heat a film of peanut oil in a wok or nonstick skillet over high heat and toss the shrimp, ginger, garlic, onion and carrot 2 to 3 minutes, until fragrant. Add the cauliflower and stir fry for 2 to 3 minutes.

Add the soy sauce, sesame oil and scallions - continue to toss and cook until cauliflower is tender - move mixture to the side of the wok.

Add another teaspoon of peanut oil, add the eggs and cook until firm - chop using your spatula and mix into your 'Fried Rice'. Season with additional soy sauce if needed.



8

SKINNY ORANGE CHICKEN

This 'Skinny' Orange Chicken has the flavors of the original cooked in a way that makes it a both a great food choice and easy to eat. This no sugar and snappy sauced dish has amazing flavor from an unexpected ingredient. The original is a stark chicken only dish, but this one has broccoli – totally delish with the orange sauce.

The secret to this dish is Smucker's Sugar Free Orange Preserves. If you cannot find Orange, use Apricot... there is enough orange flavor in the zest and juice.

Ingredients

Orange Sauce

½ cup Smucker's Sugar Free Orange Preserves (now that's unexpected!)

Zest and juice of one large orange (about ⅓ cup juice)

¼ cup chicken broth (Swanson Natural Goodness is best)

2 tablespoons rice wine vinegar

2 tablespoons soy sauce

2 garlic cloves, minced

2 teaspoons Sriracha or hot sauce

Stir Fry

1 pound boneless, skinless, chicken breasts, thinly sliced and cut into 1 inch pieces

¼ teaspoon black pepper

1 tablespoon cornstarch

1 egg white

1 tablespoon peanut or vegetable oil

fresh broccoli

Instructions

Whisk together the preserves, orange zest & juice, broth, vinegar, soy sauce, garlic and Sriracha in a small bowl and set aside.

Season the chicken with black pepper and stir in the cornstarch and egg white. Heat the peanut oil in a non stick skillet or wok and stir fry the marinated chicken until browned and nearly cooked through.

Add the orange sauce to the pan and stir to combine scraping up the browned bits from pan bottom - let the sauce come to a boil, and cook for until thickened, 60 to 90 seconds.

Serve with freshly cooked broccoli - cut off florets and cook in 1 inch water with ½ teaspoon salt in covered pot until tender when stem is poked with sharp knife tip. Drain very well on paper towels.



9

CHICKEN LETTUCE CUPS

This dish is easy, it's tasty, and it's good for you. Crisp lettuce holds the warm sauced chicken. Very bariatric friendly! It will remind you of the famous PF Chang dish.

I once took this dish to a pool party -
sauteéd chicken to eat in lettuce boats
- and it disappeared in minutes.

Ingredients

1 pound chicken, minced or ground - buy freshly ground white meat or finely hand chop a boneless breast

¼ cup soy sauce

1 teaspoon cornstarch

Sea salt and black pepper

2 teaspoons vegetable or peanut oil

10 shiitake mushrooms, stems removed/discarded, diced

1 can water chestnuts, drained rinsed and diced

½ cup stir fry sauce - I use **House of Tsang Spicy Szechuan** sauce - a superb short cut

6 scallions, thinly sliced

One head of butter or romaine lettuce, separated into large single leaves, rinsed and dried on paper towels

Instructions

Toss the chicken in a medium bowl with the soy sauce and cornstarch and set aside.

Heat oil in a wok or non stick skillet on high heat. Sauté the mushrooms until softened, add the chicken but allow it to develop a golden sear and crust. Stir fry 2 to 3 minutes until cooked through.

Add the water chestnuts and stir fry sauce. Cook until juices have blended with the sauce and chicken is glazed, 2 to 3 minutes. Scatter with scallions and eat by filling lettuce leaves 'like ta-cos'.



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SWEET AND SOUR MEATBALLS

This is a really tasty, sweet and snappy pineapple sauce that is used to quickly warm the fully cooked and super flavorful meatballs.

TIP: Look for Aidell's Chicken Teriyaki & Pineapple Meatballs at your grocery store, usually in either the hot dog section or at Costco and Sam's Club.

Ingredients

One 8-ounce can pineapple chunks in own juice, or use Splenda sweetened

1 teaspoon cornstarch

1 tablespoon soy sauce

1/4 cup chicken broth

One 4-ounce jar roasted peppers, drained and diced

One package Aidell's Chicken Teriyaki & Pineapple Meatballs

Instructions

Mix pineapple chunks, 1/4 cup of the juice, cornstarch, soy sauce, chicken broth, and roasted peppers in a medium saucepan until cornstarch is dissolved. Bring to a boil over medium high heat, while stirring constantly, and cook until sauce is thick and glossy.

Lower heat, add the meatballs and simmer until heated through, 3 to 4 minutes.



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GENERAL TSO'S SKINNY CHICKEN

The take out version of this dish is hands down one of the highest calorie items on a menu because the chicken is deep fried before being sauced. Our version of this Chinese classic makes sure you can still fit into your Skinny Jeans!

TIP: Don't crowd the pan and take the time to brown the chicken pieces on all sides. It's the deep crust that adds lots of flavor.

Ingredients

1 teaspoons toasted sesame oil

1 large egg white

1/4 cup plus 1 tablespoon soy sauce

3 tablespoons cornstarch

1 pound skinless boneless chicken thighs, trimmed of visible fat and cut into one bite pieces

1 cup chicken broth

1 teaspoon Chinese chile garlic sauce

3 tablespoons Splenda or 1 1/2 tablespoons Truvia

1 tablespoon vegetable oil

2 tablespoons very finely chopped fresh ginger

2 large garlic cloves, minced

4 scallions, thinly sliced

Instructions

Combine the sesame oil with the egg white, 1 tablespoon of the soy sauce and 2 tablespoons of the cornstarch.

Add the chicken, stirring to coat and let stand at room temperature for 20 minutes.

In a small separate bowl blend the chicken broth with the chile garlic sauce, sweetener, the remaining 1/4 cup of soy sauce and 1 tablespoon of cornstarch.

Sauté the ginger and garlic in a teaspoon of the oil in a medium saucepan over high heat 1 to 2 minutes, until softened. Add the broth mixture to the pan, cook until thickened and glossy, 2 to 3 minutes, lower heat and keep warm.

In a non stick skillet, heat the remaining oil and add the chicken pieces one at a time, not crowding the pan, and cook until browned and crisp, turning and browning on the other side, 3 to 4 minutes. Add the cooked chicken pieces and scallions to the warm sauce and toss to coat.

BARIATRIC EATING

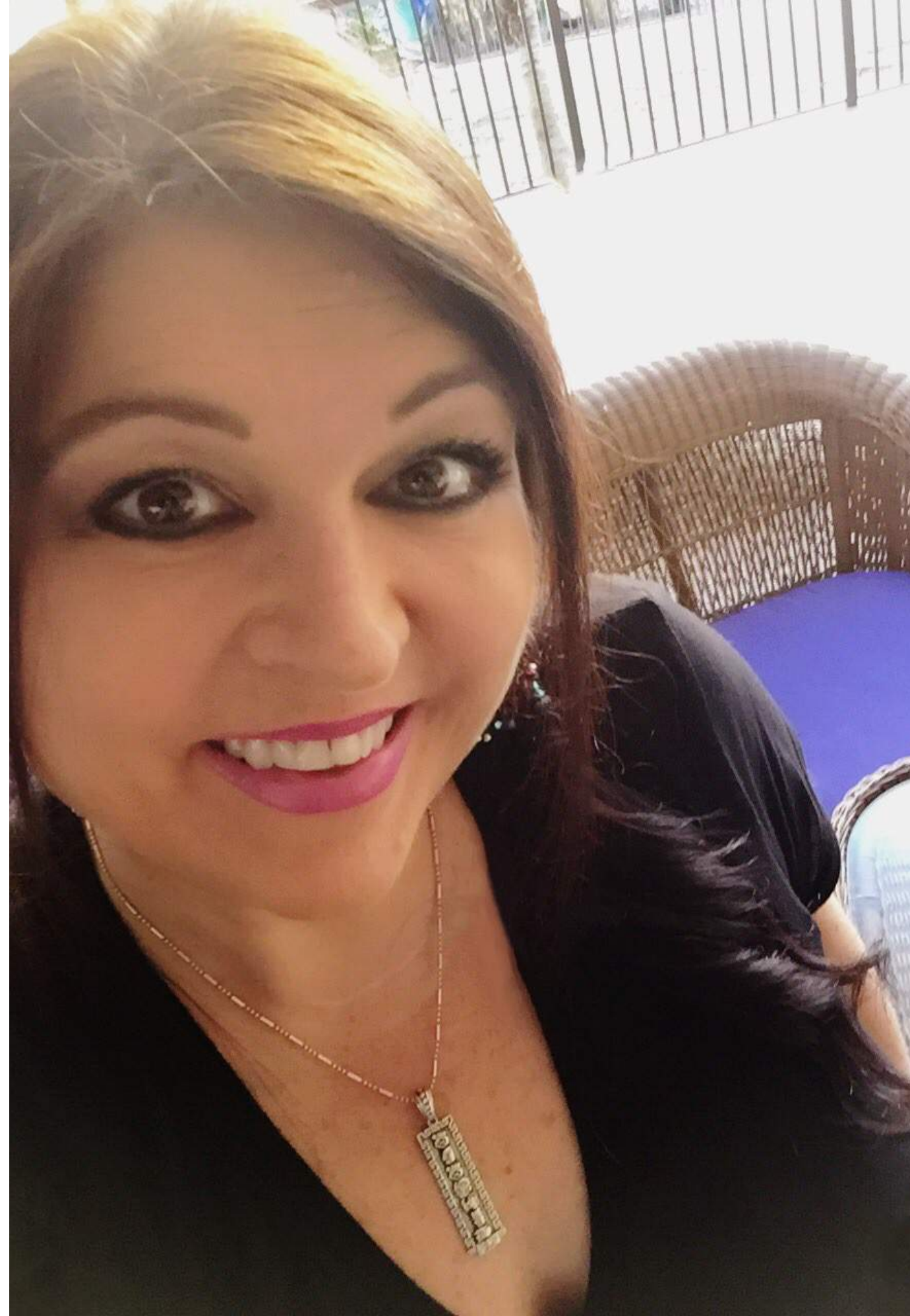
When Susan Maria Leach had gastric bypass surgery in 2001, she knew that she would have to change everything about her life. Her surgeon told her the tradeoff for losing 150 pounds was taking bariatric supplements forever. At that time there were few choices with the right nutrition for someone who had a gastric bypass.

There were bodybuilder protein powders, but the bad taste and gritty texture had to be masked by mixing in extracts and flavorings. When it came to vitamins, there were thirteen different tablets scheduled six times throughout the day.

She did what she was told, but believed that bariatric patients deserved a better, easier way and pioneered a path that many thousands of bariatric patients have followed.

Her book *Before & After*, is in its third printing with HarperCollins, her *Back on Track* program has helped thousands break stalls & lose regains, 48 Pouch Reset has rebooted confidence for countless members and Inspire protein powders, Believe drinks and Journey vitamins are the best selling brands for bariatric post ops.

BE Facebook Support Groups are over 200,000 members and 3 million posts strong. We talk the talk and walk the walk - we live it with you.





Over 200,000 members and 3 million posts strong!

BARIATRIC EATING SUPPORT GROUP ON FACEBOOK

We invite you to join the Bariatric Eating Support Group on Facebook. Our amazing team of Administrators, led by Suzanne Shaw, sets the conversation, theme, intent and even the information put forth. We are proud that hundreds of surgeons have trusted their patients to us for years.

The group is not a place where post ops pat each other on the back for bad choices, teach each other to cheat, or argue over which surgery is best. Even though we have nothing in common other than our Morbid Obesity, this is where we come together.

We do not coddle those blowing through boundaries but will not allow anyone to flame or belittle. We all have a personal struggle.

Our Admin Team is here to help you - while we have lost the weight, we've also had the deficiencies, the transfusions, issues with alcohol, Lap Band failures, managed the regains, lived through major life struggles and have searched for the answers to our own medical issues. We share your journey and offer these answers to you.

In addition to being a cool group of post ops, we are also the absolute best bariatric company for more than ten years running. We are the only company who has developed our own bariatric products in



response to the horrible deficiencies we have personally faced after bariatric surgery.

Our protein powders, drinks & bars taste better and are better for you than anything on the market - and without a doubt increase compliance. We love them and use them and we suggest you do too.

Links:

[BE Support Group on Facebook](#)

[NO MORE REGAIN Group on Facebook](#)

[BariatricEating Website](#)

[Inspire Protein Powder](#)



BARIATRIC EATING

BariatricEating.com is the most popular bariatric website that surgeons, programs and professionals most often refer patients.

Founder Susan Maria Leach pioneered a path that many thousands of bariatric patients have followed. Her book Before & After, Living and Eating Well After Weight Loss Surgery is in its third printing with HarperCollins Publishers, her 'Back on Track' program for regain has thousands of followers, '48 Hour Pouch Reset' has rebooted confidence for countless members and Inspire protein powders, Believe drinks and Journey vitamins are the best selling brands with bariatric post ops.

www.BariatricEating.com

Related Glossary Terms

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Chapter 1 - Introduction

BARIATRICEATING.COM

Over 15 years of Bariatric Lifestyle, Positive Support & Products developed by those who use them. Information's pretty thin stuff without Experience.

BariatricEating.com, is the number one bariatric website and company. Known as BE, Bariatric Eating has developed their own bariatric friendly products to help increase post op compliance. Inspire protein powders, Believe drinks & Inspire bars and protein chips taste better and are better for you than anything else on the market.

The website will boggle your mind and addresses everything from relationships to no sugar pumpkin pie. All articles and information are written from the point of the bariatric post op as all writers and administrators for this enterprise have had bariatric surgery. They live it with you - literally walking the walk while talking the talk.

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HOUSE OF TSANG SAUCES

An exceptional line of Asian stir fry sauces.

<https://www.houseoftsang.com/>

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Chapter 2 - Beef & Bok Choy

Chapter 9 - Chicken Lettuce Cups

IACP COOKBOOK AWARDS

International Association of Culinary Professionals Cookbook Awards.

Considered to be the gold standard among cookbook awards, the IACP Cookbook Awards have been presented for more than 25 years to promote quality and creativity in writing and publishing, and to expand the public's awareness of culinary literature.

The IACP Cookbook Awards honor the authors, publishers, and other contributors behind the best of cookbooks published each year. Being acknowledged as a finalist or winner has become a coveted mark of distinction, in part because of the program's growing list of illustrious honorees, who, over the years, have included Rick Bayless, Mark Bittman, Dorie Greenspan, Thomas Keller, and Julia Child, CCP, among others. The program is also widely lauded as the most selective in the industry due to its two-tier judging process that requires recipe testing in all relevant awards categories.

Susan Maria Leach and Before & After have been nominated for 3 IACP Awards.

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