

## Filipino Dishes Made Healthier

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Filipino cuisine is said to be among the most flavorful ones in the world. And while we have a lot to be proud of in the taste department, we often forget that our dishes can be healthier, too. In this article, we delve into the healthier side of *Iutong Pinoy*.

There's nothing quite like Pinoy dishes when it comes to taste and aroma. The harmony of traditional Filipino cooking and the influences of foreign cuisines have led to the creation of a range of unique dishes. Filipino dishes, which typically contain rich sauces and oils, can be quite fatty. Fortunately, there are a number of ways that can turn your favorite dish healthier, simply by tweaking the recipes a bit. The Food Techie blogger Archie de Lara gives us a couple of ideas:

### [Adobo](#)

This famous, easy-to-prepare dish perfectly combines the sourness of vinegar and the saltiness of soy sauce. For a healthier twist, you may opt to use the low-fat protein chicken instead of pork. You can also add Del Monte Pineapple for added Vitamin C.

### [Kare-Kare](#)

Another all-time favorite in every Filipino household, the *kare-kare* may not be the same without the beef tripe or *tuwalya* and the oxtail or *buntot*. A healthier way to prepare the dish is to try cooking [Seafood Kare-Kare](#) or [Tofu Vegetable Kare-Kare](#). These alternatives still give you the same taste and nutrition minus the fat-laden meats.

### [Sinigang](#)

In his blog, Archie talked about using milkfish or *bangus* instead of the usual pork for a healthier version of *sinigang*. For those who really like pork though, Del Monte has a tastier lycopene-rich version. Check out [Del Monte Kitchenomics](#) to get the [Del Monte Red Sinigang](#) recipe.

Experimenting on how you can make your favorite Filipino dishes healthier is, without a doubt, fun. Don't hesitate to explore your options and remember the basics of the ingredients you will add to (or remove from) the dish that you will prepare.

**Source:**

<http://www.livestrong.com/article/458499-healthy-food-in-the-philippines>

<http://www.thefoodtechie.com/five-famous-philippine-dishes-made-healthier/>

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