

*By Sahee Kim  
MSU Denver Recreation*

# HEALTHY KOREAN BANCHAN (SIDE DISHES)

How to make easy and healthy  
Korean side dishes

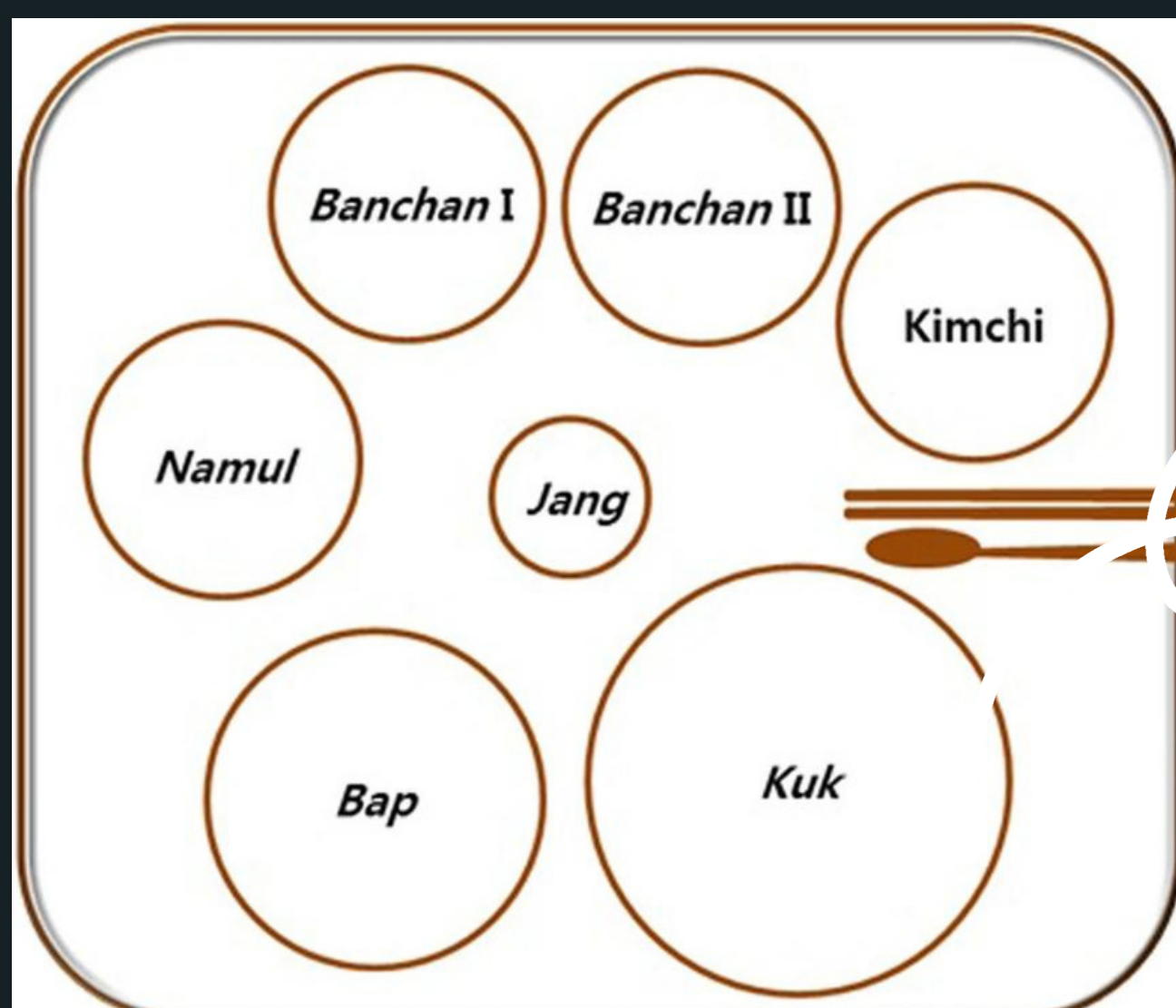
*Soul food*





# INTRO TO KOREAN FOOD

Korean cuisine is one of the healthiest cuisines in the world because Korea has always been a big vegetable consumer country.



**Korea's traditional meal  
(*Bapsang*)**

Korea's traditional meal (*Bapsang*) is generally made up of four constituents: *Bap* (cooked rice), *Kuk* (soup), *Banchan* (side dishes), and fermented cabbage (*Kimchi*). It's generally considered healthy because Koreans use many health-promoting ingredients like fermented foods. Also, side dishes (*Banchan*) include seasoned green vegetables (*Namul*) with fermented sauces (*Jang*), such as soybean paste (*doenjang*), soy sauce (*ganjang*), and hot pepper paste (*gochujang*). *Banchan* is perfect for vegans as many of the recipes are plant-based.

This Newsletter provides an overview of Korean food and how to make healthy vegan banchan at home.



# *3 Vegetable Side Dishes (Banchan)*

These are easy and healthy Korean vegan recipes. Let's make them at home!

1

콩나물 무침  
(Soybean Sprout Namul)

2

시금치 나물  
(Spinach Namul)

3

오이 무침  
(Spicy Cucumber Salad)



1

# *How to make soybean sprout namul* (콩나물 무침)



## **INGREDIENTS:**

- **1 pound soybean sprouts**
- **1 scallion, finely chopped**
- **1 teaspoon minced garlic**
- **1 tablespoon sesame oil**
- **1 teaspoon sesame seeds**
- **1 teaspoon salt**



1

## *How to make soybean sprout namul* (콩나물 무침)

1. Rinse the soybean sprouts twice in cold water, discarding any rotten beans or skins floating. Put enough water in a medium size pot to cover the soybean sprouts. Cover the pot with a lid, and bring it to a boil over high heat. Continue to cook for 5 minutes.
2. Drain quickly, and rinse in cold water.
3. Toss with the remaining ingredients. Taste and add more salt to your taste if needed.



2

## *How to make Spinach Namul* (시금치 나물)



### **INGREDIENTS:**

- **1 bunch spinach**
- **2 teaspoons soy sauce**
- **1 teaspoon minced garlic**
- **1/2 teaspoon sugar**
- **1 teaspoon sesame oil**
- **1 teaspoon sesame seeds**
- **1 teaspoon salt**



## 2 *How to make Spinach Namul* (시금치 나물)

1. Trim off the roots from the spinach. Wash to remove sand in the water. Blanch the spinach in boiling water until wilted, 20 to 30 seconds.
2. Drain quickly and gently squeeze out excess water.
3. Add the remaining ingredients and mix everything well.



2

## *How to make Spicy Cucumber Salad* (오이무침)



### **INGREDIENTS:**

- **1 cucumber**
- **1 teaspoon salt**
- **1 tablespoon Korean red chili pepper flakes gochugaru**
- **1/2 teaspoon garlic minced**
- **1 tablespoon honey**
- **1 teaspoon sesame seeds**
- **1 tablespoon sesame oil**
- **sliced onions (optional)**



3

## *How to make Spicy Cucumber Salad* (오이무침)

1. Thinly slice the cucumber. Mix with salt and set aside for about 15 minutes.
2. Mix well with all of the remaining ingredients.
3. Taste and adjust the seasonings if necessary.



### **About the author**

**Sohee Kim is a Dietetic Intern  
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She plans to become a Registered  
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