

Nutrition Education

Bánh mì is a Vietnamese term for all kinds of bread. Bread, or more specifically the baguette, was introduced by the French in Vietnam. The term **Bánh mì** is used in the United States to refer to Vietnamese baguette sandwiches which have exploded in popularity in this country. There are many variations out there; the recipe below is for a simple version of this delicious sandwich.

Bánh mì

Ingredients:

1/2 cup rice vinegar	skinless, boneless chicken breast (8 oz)
1/4 cup water	garlic salt to taste
1/4 cup white sugar	ground black pepper to taste
1/4 cup carrot, cut into 1/16-inch-thick matchsticks	1 (12 inch) French baguette
1/4 cup white (daikon) radish, cut into 1/16-inch-thick matchsticks	4 tablespoons mayonnaise
1/4 cup thinly sliced white onion	1/4 cup thinly sliced cucumber
	1 tablespoon fresh cilantro leaves
	1 lime wedge

Directions

1. Place rice vinegar, water, and sugar into a saucepan over medium heat, bring to a boil, and stir until the sugar has dissolved, about 1 minute. Allow the mixture to cool.
2. Pour the cooled vinegar mixture over the carrot, radish, and onion in a bowl, and allow to stand for at least 30 minutes. Drain off the excess vinegar mixture after the vegetables have marinated.
3. While the vegetables are marinating, preheat the oven's broiler, and set the oven rack about 6 inches from the heat source. Lightly oil a slotted broiler pan.
4. Sprinkle the chicken breast with garlic salt and pepper, and broil on slotted broiler pan, turning once, until the center of the chicken breast is no longer pink and the surface has browned, about 6-8 minutes per side. Remove the broiled chicken, and slice into bite-size pieces.
5. Slice the baguette in half the long way, and pull the center of the bread out of the baguette halves, leaving a cavity for the filling. Place the baguette halves under the broiler to lightly toast, 2 to 3 minutes.
6. To assemble the banh mi sandwich, spread each half of the toasted baguette with mayonnaise, and fill the cavity of the bottom half of the bread with broiled chicken, cucumber slices, pickled carrot, onion, and radish and cilantro leaves. Squeeze a wedge of lime over the filling, and top with the other half of the baguette. Add Sriracha or garlic chili sauce for extra flavor and heat if desired.