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Healthy Korean Recipes Healthy Meals I know that this post will get some members of the food police upset with me, but I continue to find that in some cases, when taken in moderation, cooked white rice can be a health-enhancing food choice.

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Here in this list of Korean dishes, you re bound to find at least one that will get you in your kitchen cooking. All are simple to make and can be as healthy (or as unhealthy) as you want them to be.

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This easy Korean beef recipe is ready in just 30 minutes. It s made with pre-sliced sirloin steak and does not require marinating the beef. Simply stir-fry the beef, add the sauce, garnish and serve.

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Korean Recipes Allrecipes com

This is the recipe of Korean-style seaweed soup. It's a traditional birthday dish in Korea. Also, every women who gives a birth eats this soup because it is believed that seaweed soup helps with breast feeding.

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