

## **Chow Mein**

1 pkg. Soba buckwheat noodles or whole wheat Somen noodles  
2 cups fresh Mung bean sprouts  
2 cups broccoli florets  
½ cup asparagus tips  
1 cup cauliflower florets  
1 medium Garnet yam, peeled and julienne sliced  
1 medium red beet, peeled and julienne sliced

Cook noodles per directions on package. Pre-make sauce and hold till ready. In wok pan, heat 2 Tbsp. sunflower or safflower oil over medium-high heat and add all vegetables, reserving mung bean sprouts, and toss fry for 3-4 minutes. Remove from heat.

Drain pasta and put in wok with vegetables. Pour sauce over top and heat over medium heat tossing pasta, vegetables, and sauce until well mixed and heated through. Vegetables should be firm/crunchy in texture and may be served warm or chilled as pasta salad on a bed of butter lettuce leaves.

### **Sauce**

¼ cup Tamari  
½ tsp. garlic powder or ½ clove pressed garlic  
2 inches fresh ginger, peeled and chopped or grated  
1 Tbsp. pineapple juice  
¼ cup grade B maple syrup  
3 Tbsp. toasted sesame oil  
Dash Real Salt  
Blend in food processor or blender

## **Toasted Tofu Oriental Salad & Dressing**

### **Salad**

10 leaves of butter lettuce, chopped in strips  
2 Persian cucumbers, peeled and thinly sliced fresh  
¼ red onion, thinly sliced  
2 mandarin oranges, peeled with sections separated  
Make a bed of butter lettuce (or mixed greens)  
Garnish with mung bean sprouts

### **Toasted Tofu**

½ pound organic firm tofu, cubed into ½ inch squares  
1 Tbsp. sesame seeds

### **Marinated 4-12 hours in:**

½ cup pineapple juice  
2-4 tbsp. Tamari or Braggs Liquid Amino's  
½ cup safflower oil

After marinating, place all tofu cubes on cooking sheet, close together, and sprinkle with seeds Place pan under broiler and broil 4-7 minutes (depending on heat), then set aside to cool

### **Dressing**

½ cup toasted sesame oil  
½ tsp. dried ground ginger  
¼ cup raw honey or Sucanat  
Juice of 1 lime  
1 tbsp. Organic Tamari  
Dash salt

Combine all ingredients and mix well, add or delete sweetener to taste.  
Pour dressing over of bed of lettuce that is layered with cucumber, onion, mandarin orange wedges, and  
toasted tofu, then garnish with mung bean sprouts. Serves 6.