

Asian Stir Fry

1 package *Chuka Soba Chow Mein Noodles* (Winco)

Veggies of choice: *Broccoli, Bok Choy, Carrots, Onions, Zucchini, Red or Green Pepper, Bean Sprouts, Water Chestnuts, Baby Corn, Cabbage, Sugar Snap Pea Pods, Bamboo Shoots...*

¼ c. reserved noodle broth

1-2 garlic cloves, chopped

¼ c. water (mix with veggies to stir fry)

1 t. Bill's Best Chicken Seasoning (*weimarmarket.com*)

1-2 T. Natural Soy Sauce (Class #1)

Sprinkle of Coriander

Salt to taste

Toppings: Chopped peanuts, green onions, purple cabbage, red peppers, lime wedges on side, or oven-baked tofu cubes (cut in cubes, marinate in natural soy sauce for 5-10 minutes, bake at 400° for 30 minutes, or pan-fry)

Directions

1. Bring large amount of lightly salted water (enough to submerge noodles) to boil. Place noodles in boiling water and remove from heat.
2. Allow to sit for 5 minutes while preparing the veggies.
3. Place ¼ cup of water in wok or frying pan and add prepared veggies, garlic and chicken seasoning. Stir fry just for 2-3 minutes.
4. Drain noodles, reserving ¼ c. noodle broth. Chop noodles if desired. Add ¼ c. reserved broth.
5. Mix noodles with veggies in wok or frying pan. Add natural soy sauce, sprinkle with coriander and salt to taste. Adjust seasonings as you like.
6. Top with chopped peanuts, green onion, purple cabbage strips, red pepper rings or oven-baked tofu cubes. Serve with lime wedges on side and enjoy!

“It is high time that we were educating ourselves to subsist upon fruits, grains, and vegetables.....A variety of simple dishes, perfectly healthful and nourishing, may be provided, aside from meat. Hearty men must have plenty of vegetables, fruits, and grains.”

Counsels on Diets and Foods, p. 322