

Miso Soup with Carrot and Celery Salad

Miso Soup

2-3 servings

¼ cup Arame seaweed
1 clove garlic, pressed
4 cups water
3 oz soba noodles
1 T fresh ginger, cut in chunks and put into a tea ball
1/3 cup miso
½ cup firm tofu, cut in ½-inch cubes
1-2 scallions, finely chopped

Cover Arame with cool water and set aside. Bring the water, garlic and ginger (in tea ball) to a boil. Add soba noodles, lower heat and simmer for 4 minutes. Remove ginger. Add the tofu and seaweed. In a separate bowl, add a little of the liquid from the pot to the miso and stir until dissolved. Add miso mixture to the soup. Warm the soup (but don't boil) until heated throughout. Garnish with chopped scallion.

Carrot and Celery Salad

4 servings

1 ½ cups celery, chopped
1 ½ cups carrots, shredded
1 ½ cups Chinese or Napa cabbage, shredded

Take the whole stalk of celery and start chopping until you have 1 ½ cups (about 4 inches). Do the same with the cabbage. Shred the carrots.

Mix the vegetables and dress with a light dressing such as Raspberry vinaigrette.

Optional ingredients:

½ cup jicama, cubed
1 cup purple or green cabbage, shredded
¼ cup walnuts
½ cup raisins

For more information see: www.e2se.org