



ASIAN TOFU-CUCUMBER SALAD

1/2 cake firm tofu, rinsed, drained,
cut into 1/2 inch cubes

1 scallion, washed and cut sliced in thin rings

1 teaspoon fresh ginger, peeled and minced

1 teaspoon wheat-free tamari sauce

1/2 teaspoon roasted sesame oil

1 tablespoon Eden brand Bonito Flakes, crumbled

1 teaspoon fresh lemon juice

1 Persian cucumber, chopped
(a regular cucumber will work, but may need to be peeled)

Optional:

Toasted sesame seeds

Cilantro leaves

Avocado chunks

Soba noodles, 2 cups cooked, rinsed in cold water, drained

Directions: Toss the ingredients together, allow to sit for a few minutes, adjust seasoning if necessary. Serve with or on cold cooked noodles.

We learned this (and so much more) from my neighbor Ofer. Bonito flakes are a great way to add flavor to soups and salads. This is a salad that can be tossed together at a moment's notice, and is especially good with cooked cold soba noodles. I tend to garnish this with toasted sesame seeds and a few cilantro leaves, but it's delicious without those.

Eden Foods is a remarkable company, and it's worth pestering your local health food store to carry more of their products.
www.edenfoods.com

*Joyful cooking.
Healthy eating.*

*1121 Hill Street
Santa Monica
California 90405*

*310.450.5667
michael@michaelstable.com
www.michaelstable.com*