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Healthy Recipes for Spring

Boiled Salad with Ginger Sauce

2 cups onion, cut in half-moons

1 cup carrots, sliced thinly on a diagonal

1 cup fresh dandelion greens, washed and sliced in 1–2 inch lengths

Place a small amount of water in a pot (3–4 inches), and bring to a boil. Add onion for 1 minute, remove, drain, and place in a bowl. Add carrots to the boiling water for 1 minute, remove, drain, and add to bowl, mixing with the onion. Add greens to water for 1 minute, remove, drain, and add to the bowl, mixing with the carrots and onions. Make a dressing of 2T soy sauce, 3T water, ½ t fresh grated ginger, and 2T roasted sesame seeds.

Enjoy!

Onion Butter

10 medium onions, sliced in thin half-moons (10 cups)

Dark sesame oil

Pinch of sea salt

Water

Heat small amount dark sesame oil in a large skillet on medium–low heat. Add onions and sauté until

translucent. Stir occasionally to sauté evenly and prevent burning. Add pinch of sea salt and enough water to just cover the top of the onions. Cover and bring to a boil. Reduce flame to low and simmer several hours until onions are dark brown and very sweet. There should not be any liquid left and onions will be almost melted when done. You may occasionally add more water to prevent burning, in small amounts. When done, allow butter to cool before storing it in a sealed glass container in the fridge, or use it right away on bread, toast, or rice cakes.

Fried Soba (Buckwheat Noodles)

1 8oz package Soba Noodles

2 Qt water

Dark sesame oil

1 cup onions, sliced in half moons

½ cup carrots, cut into matchsticks

½ cup burdock/Gobo root, cut into matchsticks

1 cup kale, finely sliced on a diagonal

Sliced scallions for garnish

Soy Sauce to taste

Boil water and add noodles. Stir to prevent clumping.

Reduce flame to medium and simmer, uncovered for 5–6 minutes (check instructions on package). Test to see if

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they're done by breaking a noodle in half and making sure the center is the same color as the outside. When done, place noodles in a colander and run cold water over them until they are completely cool to prevent sticking and stop the cooking process. Allow to drain 4–5 minutes.

Place a small amount of sesame oil in a skillet and heat on medium to medium high heat. Add onions, carrots, and burdock, and sauté 2 or 3 minutes. Reduce flame to low, and place noodles on top of vegetables. Cook for 5–7 minutes. Add kale and soy sauce and cook an additional few minutes until kale is bright green and slightly crisp. Add scallion slices and mix. Place in serving dish and serve hot.

Miso Soup with Wakame and Daikon

4–5 cups water
1/8 cup wakame (seaweed) washed and soaked 2–3 minutes, and sliced
1 cup daikon, cut in thin half-moons or rectangles
1 ½ –2 tablespoons pureed miso
Sliced scallions

Place water in a pot and bring to a boil. Add wakame and daikon. Cover, reduce flame to low, and simmer for about 5 minutes, until the daikon is soft. Reduce flame to very low and add pureed miso. Mix and simmer 1–2 minutes or so. Place soup in individual serving bowls. Garnish with scallion slices and serve hot.

Lentil Soup

1 cup green lentils
1 cup onions, diced
1 cup carrots, diced
½ cup celery, diced
¼ cup burdock, diced
4–5 cups water
Sea salt to taste
2 tablespoons chopped parsley

Wash lentils. Place onions, carrots, celery, and burdock in a pot. Place lentils on top of the vegetables, add water, and bring to a boil. Reduce flame to medium–low and cover. Simmer approximately 45 minutes. Add sea salt to taste and simmer another 15 minutes or so. Add chopped parsley before serving.

*Recipes from Changing Seasons Macrobiotic Cookbook
by Aveline Kushi and Wendy Esko)*