

Plant-based Meal in Under an Hour

- *Flash-Cooked Vegetables and Chard with Crispy Mushrooms and Cashews*
- *Buckwheat Noodle Pillows*
- *No Soy Sauce*

Nutrition Facts	
Amount Per Serving	
Calories 453	
Total Fat 17 g	
Saturated Fat 2 g	
Monounsaturated Fat 8 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 324 mg	
Potassium 636 mg	
Total Carbohydrate 69 g	
Dietary Fiber 6 g	
Sugars 14 g	
Added Sugars 6 g	
Protein 10 g	
Vitamin A	69%
Vitamin C	82%
Calcium	8%
Iron	11%

Flash-Cooked Vegetables and Chard with Crispy Mushrooms and Cashews on Buckwheat Noodle Pillows

Makes 4 servings

This full-flavored dish satisfies without the addition of meat. It is terrific on its own, although we have also enjoyed it with crab, shrimp, scallops, and chicken. Feel free to use your favorite nut in place of the cashews.

Ingredients

Noodle Pillows

- ½ gallon water
- ¼ teaspoon coarse salt
- 8 ounces buckwheat noodles
- 1 tablespoon sesame oil, divided

Stir-fry

- 1 tablespoon canola oil
- ¾ pound medium turnips, cut into ¼-inch wedges
- ¾ pound medium radishes, quartered
- 1 tablespoon honey
- 2 tablespoons No Soy Sauce (recipe follows, or substitute reduced-sodium soy sauce)
- 1 ½ teaspoons fresh lemon juice
- ½ pound Swiss chard, stems discarded and leaves coarsely chopped

Mushrooms

- 1 tablespoon water
- 1 ½ teaspoons fresh lemon juice
- ½ tablespoon cornstarch
- 6 large shiitake mushrooms, stemmed and caps quartered
- 2 ounces Asian rice crackers, pulverized (about 30 2 ¼-inch crackers)
- 2 tablespoons canola oil
- 2 tablespoons raw cashews, unsalted, toasted (or substitute pine nuts or peanuts)

Preparation

To prepare the buckwheat noodle pillows:

Measure the water into a large pot with a lid. Add the salt, cover, and bring the water to a boil. Cook the noodles until just undercooked (al dente) and refresh under cold running water. Drain thoroughly.

Place a paper towel on a large plate to hold the cooked noodle pillows for service.

Preheat a large skillet over medium-high heat. Add ¼ of the noodles to the pan and mound the noodles into a 4- to 5-inch cake about ½-inch thick. Flavor the noodles with the sesame oil by drizzling about ½ teaspoon of the sesame oil over the noodles as they cook. Cook until very crisp and golden brown on the bottom, leaving some of the noodles soft on top. The noodles

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will naturally contract away from the pan and, when cooked, are easy to remove with a pancake spatula or palette knife. Cook the noodles on one side only. When cooked, overturn the pillow onto the prepared plate to absorb any extra oil. Prepare the remaining noodles, making a total of 4 noodle pillows.

The noodle pillows are best when served at room temperature, so hold in an ambient place on or near the stove top until service.

To prepare the stir-fry:

Preheat a wok or large skillet over medium-high heat. Add the tablespoon of canola oil. Add the turnips and radishes, and cook, stirring, until browned and tender, about 10 minutes. Reduce heat to medium, add the honey, and cook, stirring, until the vegetables are glazed, about 5 minutes. Add the No Soy Sauce and cook until syrupy, 5 minutes longer. Add the lemon juice and the Swiss chard; cook until the chard is wilted, 2 minutes. Raise the heat to high, and cook until all of the liquid has evaporated, 2 minutes longer. Place on serving platter or bowl and keep warm.

To prepare the mushrooms:

In a medium bowl, whisk the water, lemon juice, and cornstarch. Add the shiitakes and toss to coat. Drain the mushrooms.

In a separate bowl, toss the mushrooms with the rice cracker crumbs, pressing to help the crumbs adhere.

In a large skillet, add the coated mushrooms and cook over high heat, turning once, until golden and crisp, 5 minutes. Transfer to paper towels to drain. Add the mushrooms to the warm vegetables. Top with the toasted nuts.

To serve:

Serve the noodle pillows cooked side up, topped with the vegetable mixture.

No Soy Sauce

Makes about $\frac{3}{4}$ cup; serving size is 1 teaspoon.

This very-low-sodium soy sauce alternative can be used anywhere a traditional soy sauce is called for recipes. This sauce adds savory flavor depth that is balanced with the molasses, while contributing minimal sodium to recipes. Flavors intensify over time so, when possible, make a day or two in advance. The sauce will keep, covered, in the refrigerator for up to 5 days.

Ingredients

- $\frac{1}{2}$ cup Chinese black vinegar
- 3 cloves garlic
- 2 $\frac{1}{2}$ tablespoons dark molasses
- $\frac{1}{4}$ cup minced white onion

Preparation

Place the vinegar, garlic, molasses and onion in a blender jar or food processor and blend until liquefied (alternatively, use a hand-held immersion blender to liquefy).

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Calories 5	
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Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 13 mg	
Potassium 19 mg	
Total Carbohydrate 1 g	
Dietary Fiber 0 g	
Sugars 1 g	
Added Sugars 1 g	
Protein 0 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

Notes:

- Chinese black vinegar is dark complex vinegar made of glutinous rice and malt used in Chinese stir-fries, braises, and sauces. It can be found in Asian markets or online. This recipe will have best results with this vinegar, but to substitute, use $\frac{1}{2}$ cup date vinegar or balsamic vinegar mixed with 1 tablespoon unseasoned rice vinegar.
- Sodium comparison:
 - *Traditional soy sauce: 296 mg sodium per teaspoon*
 - *Reduced-sodium soy sauce: 175 mg sodium per teaspoon*
 - **No Soy Sauce: 13 mg sodium per teaspoon**