

Spicy Black Beans and Rice

(Makes 3-4 servings)

Ingredients:

- 1 cup jasmine rice
- 1 cup water
- 3 pieces garlic, minced
- 1 small piece ginger, minced
- 1 red onion, diced
- 1 Fresno pepper, diced
- 2 large king oyster mushrooms or favorite mushrooms, sliced
- 3 scallions, sliced
- 1 15 ounce can black beans, rinsed and drained
- 1 teaspoon red pepper flakes
- 2 tablespoons doubanjiang
- 1 teaspoon low sodium soy sauce
- 1 tsp dark soy sauce
- 1 cup vegetable broth
- 1 tablespoon corn starch + 2 tablespoons water to make a slurry
- 1/2 tablespoon white sesame seeds

Directions:

1. Rinse and drain the jasmine rice 2 times to get rid of the excess starch. Place in a small saucepan and add 1 cup of water to the rice on medium high heat. When the water begins to boil, give the rice a stir and then turn the heat down to medium low. Cover and simmer for about 15 minutes. Set aside when ready.
2. Mince and dice all your vegetables and then rinse and drain the black beans and set aside.
3. In a sauté pan, add vegetable broth, red onions, and the pepper. Sauté for 4 to 5 minutes. Then add in the garlic and ginger and sauté until well mixed. Add the diced mushrooms, the doubanjiang and sauté.

4. Add the black beans to the sauté pan along with the soy sauce and dark soy sauce. Also add in the vegetable broth.
5. Make a slurry by combining your cornstarch and water and whisk well. Add to the sauté pan and stir while you are adding the slurry to avoid any lumps. Add in ½ of the scallions and stir to combine.
6. Add the rice to a bowl and then add the bean/vegetable mixture on top. Garnish with scallions and sesame seeds.

Asian Chopped Salad

(Makes 3-4 servings)

Ingredients:

- 1 head romaine lettuce, sliced
- 1 cup purple cabbage, shredded
- 1 medium red bell pepper, thinly sliced
- 1 carrot, shredded
- 1 cup extra firm tofu, cut into ½-inch cubes
- 1 cup shelled edamame
- 1 teaspoon white sesame seeds (for garnish)
- ½ cup creamy sesame dressing

Garnish: sliced scallions and sesame seeds

Dressing:

- 2 tablespoons low sodium soy sauce
- ¼ cup balsamic vinegar (you can use white balsamic vinegar)
- 2 tablespoons water
- 2 tablespoons toasted sesame seeds
- 1 tablespoon tahini
- 1 teaspoon favorite sweetener (I will use agave or maple syrup)

Directions:

1. In a large mixing bowl, add all the salad ingredients and mix.
2. In a small bowl, add all the dressing ingredients and whisk.
3. Drizzle on the dressing and garnish with scallions and sesame seeds.