

## Tahini Cucumber Noodles

### Ingredients

- 14 oz package firm tofu, drained
- 2 tablespoons reduced sodium tamari
- 2-3 English cucumbers (4-5 cups)
- 2 carrots (1 cup)
- 2 stalks green onion, sliced
- 1 tablespoon sesame seeds for garnish

*Serves 4*

### Dressing:

- ½ cup tahini
- 1/3 cup lemon juice
- ¼ cup water
- 2 cloves garlic, minced
- 2 teaspoons sesame oil
- ½ teaspoon salt



### Directions

1. Preheat oven to 400°F. Grease a baking sheet or line with parchment paper.
2. To press the tofu, slice into 3 slices and place onto a towel on a cutting board. Top with another towel and a heavy plate or pan, press gently, and let sit for about 15 minutes.
3. Cut tofu into cubes and place into a medium bowl with tamari. Let marinate for 15 minutes if possible.
4. Place tofu onto baking sheet and bake for 25-30 minutes, flipping halfway, until golden brown.
5. Meanwhile, use spiral slicer to cut cucumber into "noodles." Cut carrots using either a spiral slicer, julienne peeler, or grater.
6. Blend dressing ingredients in a blender or food processor, adding more water if necessary to reach desired consistency.
7. Combine vegetables, tofu and dressing just prior to serving. Top with green onions and sesame seeds to garnish.

## Baked Shoestring Sweet Potato Fries

*Serves 2*

### Ingredients

- 2 cups thinly spiral sliced sweet potato
- 1 tablespoon olive oil
- ¼ teaspoon salt

### Directions

1. Preheat oven to 400°F.
2. Toss sweet potato with oil and salt and spread evenly onto a cookie sheet.
3. Bake 18-20 minutes, stirring every 5 minutes for the first 15 minutes, then watching closely for the last 3-5 minutes. Remove when sweet potatoes begin to brown but are still mostly orange. It may take more or less than 18-20 minutes depending on the thickness of the sweet potato spiral slices.



### Tip

*This recipe can also be made with carrots. Precut matchstick carrots can save prep time.*

## Simple Lemon Garlic Zucchini Pasta

*Serves 2*

### Ingredients

- 2 tablespoons olive oil
- 2 cloves garlic
- 5 cups zucchini, thick spiral sliced (2-3 zucchini)
- 1 ¾ cup white beans, or a 15-oz can, rinsed
- 2 tablespoons lemon juice (about 1 lemon)
- ½ teaspoon lemon zest
- ½ teaspoon salt
- ¼ teaspoon black pepper

### Directions

1. Heat oil in a large skillet over medium heat. Add garlic and cook until fragrant, about 30 seconds.
2. Add zucchini and beans and cook for one minute or until just tender, stirring often. Remove from heat. Add lemon juice, lemon zest, salt and pepper. Serve immediately.



## Miso Zucchini Noodle Soup

### Ingredients

- 1 teaspoon olive oil
- ½ cup mushrooms, sliced
- 3 cups low-sodium broth or water
- ¼ cup miso
- 1 cup zucchini, spiral sliced
- 6-8 ounces silken tofu, diced
- ¼ cup green onions, sliced



*Serves 2*

For deeper flavor, first make dashi, or Japanese stock:

Heat 2 cups of water in a sauce pan and add a 2-inch piece of kombu (seaweed). Just before the water comes to a boil, remove the kombu. [Optional: Add ½ cup loosely packed dried bonito (fish) flakes and bring to a simmer for 1 minute. Remove from heat and let sit for 5 minutes.] Strain and add more water to reach 3 cups and substitute for the broth for this recipe.

### Directions

1. Heat oil in saucepan over medium-high heat. Add mushrooms and cook until they begin to brown, stirring occasionally, about 3-4 minutes.
2. Add broth or water and bring to a boil. Ladle out ½ cup of broth or water into a small bowl and whisk together with miso until it dissolves. Pour the miso broth back into the saucepan and reduce heat to a simmer.
3. Add zucchini and tofu and let cook for 2 minutes or until zucchini noodles are just tender. Garnish with green onion and serve.