



Roasted Shitake Miso Mushrooms with Udon Noodles
An Immune System Supporter with Star Power Style

- 2 garlic cloves, peeled, minced
 - 2 Tablespoons light or white miso
 - 3 Tablespoon mirin
 - 2 Tablespoons reduced salt soy sauce
 - 2 Tablespoons water
 - 1 Tablespoon sesame oil
 - 1 (3.5 ounce) container fresh shitake mushrooms
 - 1 Tablespoon sesame oil
 - 1 (14.2) ounce package Udon fresh cooked Stir-Fry Noodles
 - 1/4 cup water or as needed
 - 2 teaspoons toasted sesame seeds
 - 4 green onion, angle sliced
- Serve with Shaved Vegetable Salad with Ginger Dressing

*Use organic ingredients if available

Preheat oven to 375 degree F.

In small food processor, fine chop garlic; add miso paste, mirin, soy sauce, water, and sesame oil; process to combine or whisk if preparing in a small bowl. Set aside.

Remove; discard hard mushroom stems. Place large foil sheet on baking pan. Place mushrooms in middle; pour miso mixture over mushrooms; turn mushrooms to coat with juice. Crumble foil towards center covering mushrooms; bake for 25 minutes.

About 5 minutes before mushrooms are ready. Heat 1 Tablespoon sesame oil in a wok; add noodles and water as needed; separate noodles; stir cooking 2 minutes or hot. Remove to serving plate.

Top noodles with mushrooms and sauce from foil; add about 2 Tablespoons warm water if sauce is too thick; sprinkle with sesame seeds, and sliced green onions. Serve warm. Yield: Serves 2

About this Recipe: If you never had Udon noodles, you are in for a very tasty surprise. Whole shitake mushrooms are roasted in a rich Miso sauce and poured over the stir-fry noodles, topped with fresh green onion slivers and sprinkled with toasted sesame seeds. Serve warm

About Shiitake Mushrooms:

For hundreds of years, shiitake mushrooms have been a popular food source in Asia. They're the second most popular and the third most widely cultivated edible mushroom in the world.

Shiitake mushrooms are high in B vitamins, and they serve as a food source of vitamin D. Some shiitake health benefits include its ability to aid weight loss, support cardiovascular health, fight cancer cells, improve energy levels and brain function, reduce inflammation, and support the immune system. Shiitake mushrooms have antiviral, antibacterial and antifungal properties. They also help to control blood sugar levels and reduce inflammation within the body.

For More Information See:

<https://draxe.com/shiitake-mushrooms/>

For More Information on Research See:

<http://www.whfoods.com/genpage.php?dbid=122&tname=foodspice>

Shaved Vegetable Salad with Ginger Dressing

So Fresh and Friendly for Your Tummy

- 1 zucchini, shaved into noodle like ribbons
- 1 medium watermelon radish, shaved thinly
- 3 red broiler baby onions, peeled, sliced thinly

Fresh Ginger Dressing:

1 garlic clove
1 inch fresh ginger, peeled
1 red pickled peppadew pepper
1/2 Tablespoon white or light miso
1 Tablespoon honey
2-1/2 Tablespoons rice vinegar
1 Tablespoon sesame oil
2 teaspoons toasted sesame seeds

Shave vegetables with peeler or mandolin. Place in salad bowl; set aside.

In a small food processor, mince garlic and ginger. Add pepper; process to finely mince. Add miso, honey, rice vinegar, and oil; process to form dressing. Pour over shaved vegetables; toss to coat.

Place in serving bowl; sprinkle with toasted sesame seeds. Serves 4

About the Recipe: This ginger dressed vegetable salad is refreshing to serve with Udon noodles and mushrooms. Mixing it up in a small food processor makes it easy to make too.