



#### ASIAN TOFU-CUCUMBER SALAD

- 1/2 cake firm tofu, rinsed, drained,  
cut into 1/2 inch cubes
  - 1 scallion, washed and cut sliced in thin rings
  - 1 teaspoon fresh ginger, peeled and minced
  - 1 teaspoon wheat-free tamari sauce
  - 1/2 teaspoon roasted sesame oil
  - 1 tablespoon Eden brand Bonito Flakes, crumbled
  - 1 teaspoon fresh lemon juice
  - 1 Persian cucumber, chopped  
(a regular cucumber will work, but may need to be peeled)
- Optional:
- Toasted sesame seeds
  - Cilantro leaves
  - Avocado chunks
  - Soba noodles, 2 cups cooked, rinsed in cold water, drained

Directions: Toss the ingredients together, allow to sit for a few minutes, adjust seasoning if necessary. Serve with or on cold cooked noodles.

*We learned this (and so much more) from my neighbor Ofer. Bonito flakes are a great way to add flavor to soups and salads. This is a salad that can be tossed together at a moment's notice, and is especially good with cooked cold soba noodles. I tend to garnish this with toasted sesame seeds and a few cilantro leaves, but it's delicious without those.*

*Eden Foods is a remarkable company, and it's worth pestering your local health food store to carry more of their products.  
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