

Kyong Weathersby "Taste of Heaven Oriental Dishes" - 07080

Cashew Chicken-Like

1 Tbsp. olive oil
2 c. Chicken Gluten*
1 c. pea pods or 1/2 c. sweet peas
1 c. mushrooms, sliced
1 8-oz. can bamboo shoots, drained
1 c. water
1 Tbsp. Chicken Like seasoning*
2 Tbsp. unfermented soy sauce
2 Tbsp. cornstarch
1 tsp. turbinado sugar
2 Tbsp. nutritional yeast flakes
4 green onions, cut in 1-inch pieces
1/2 c. honey roasted cashew nuts

1. Cut chicken gluten into 1 X 1 inch squares. Pour 1 Tbsp. olive oil into a large skillet over high heat. Add chicken gluten, pea pods, mushrooms and bamboo shoots. Stir-fry until vegetables are tender-crisp.
2. In a small bowl, mix water, chicken-like seasoning, soy sauce, cornstarch, turbinado sugar and nutritional yeast flakes. Add to chicken and vegetable mixture. Cook until thickens, stirring constantly.
3. Add green onions and cashew nuts. Toss gently and cook until the green onions are wilted. Serve with brown rice or whole wheat pasta. Very delicious!

**See recipes for chicken gluten and chicken like seasoning on program number 06068. Kyong Weathersby*

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Beef-Like Egg Rolls

2 c. ground Walnut Gluten*
2 c. green onion, chopped
1 clove garlic, minced
1 tsp. unfermented soy sauce
1 Tbsp. nutritional yeast flakes
1/2 tsp. paprika
1 pkg. egg roll wrappers

1. Mix all ingredients except egg roll wrappers. Wet with water on the edge of the wrapper. Place 1 - 2 teaspoonsful of the mixture into the middle of the wrapper.
2. Fold in half and seal tightly. Fry on both sides until golden, or steam for 10 minutes. Yummy!

see recipe number 06092 for walnut gluten recipe.* **Kyong Weathersby

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Steak and Celery Stir-Fry

1 Tbsp. olive oil
2 c. Walnut Gluten, sliced
2 stalks celery, diagonally sliced
1 red bell pepper, sliced
1 clove garlic, minced
3/4 c. water
2 tsp. cornstarch
4 tsp. soy sauce, unfermented
4 tsp. nutritional yeast flakes
2 tsp. toasted sesame seeds
1 tsp. paprika
2 tsp. turbinado sugar

1. Put olive oil into a large, hot skillet. Add walnut gluten, celery, red bell peppers and garlic. Stir-fry until vegetables are tender-crisp
2. In a cup, put water and remaining ingredients. Mix well. Pour cornstarch mixture into the skillet, stir and cook until it thickens. Serve with hot brown rice. Very good! **Kyong Weathersby**

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Fried Rice

1 Tbsp. olive oil
1 carrot, diced
1/2 onion, diced
1 stalk celery, diced
1/4 c. fresh parsley, chopped
2 green onions, chopped
1/2 c. Walnut Gluten, diced
2 c. cooked brown rice
1 Tbsp. additional olive oil
1/2 c. chopped pecans or walnuts
1 1/2 Tbsp. unfermented soy sauce
2 Tbsp. nutritional yeast flakes

1. Place 1 tablespoon olive oil into a heated large skillet. Sauté carrots, onion, celery, parsley, green onions and walnut gluten until crisp-tender.
2. Add remaining ingredients and mix well. Fry a few more minutes. Very tasty!

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Korean Soybean Patties

1 c. soaked soybeans*
1 c. water
1/4 c. whole wheat flour
1/2 tsp. salt
1 Tbsp. nutritional yeast flakes
1/2 tsp. onion powder
1/2 tsp. garlic powder
1/2 carrot, finely shredded
1/2 onion, finely shredded
1 green onion, shredded

1. In blender, blend soybeans and water until smooth. Pour into a medium sized mixing bowl.
2. Add and mix in the whole wheat flour and unbleached white flour. Stir in remaining ingredients. Mix well.
3. Spoon onto a heated large oiled skillet over medium to high heat. Cook until golden brown on both sides. Yummy!

Soaking soybeans overnight works best.* **Kyong Weathersby

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Sweet and Sour Noodles

1/2 package (13.25 oz.) rice noodles or thin spaghetti (whole wheat)
1 Tbsp. olive oil
1/2 onion, thinly shredded
1 carrot, sliced thinly into matchsticks
1/2 cucumber with skin, sliced into matchsticks
2 green onions, chopped
2 cloves garlic, minced
4-5 Tbsp. soy sauce, unfermented
4 Tbsp. lemon juice
4 Tbsp. turbinado sugar
2 Tbsp. toasted sesame seeds

1. Break spaghetti into quarters to make 2 cups. Cook until tender - about 10 minutes. Drain and rinse with running cold water. Drain excess water.
2. Transfer into a large bowl. Add remaining ingredients and mix by hand until well mixed. Enjoy! **Kyong Weathersby**

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