

Mushroom Bok Choy over Brown Rice Noodles

What I've learned since becoming a plant-predominant eater is that it's important to eat as many G-BOMBS as possible: Greens, Beans, Onions, Mushrooms, Berries and Seeds (coined by Dr. Joel Fuhrman M.D.). Those are your superfoods and you should try to get as many of them into your daily diet as possible.

I like dishes that incorporate more than one of these ingredients and this delicious dish has four – mushrooms, onions, sesame seeds, and one of the healthiest greens you can eat – bok choy.

Ingredients

- 3 cups shitake and baby bell mushrooms, sliced
- 3 heads of baby bok choy, trimmed, washed and roughly chopped
- 1 cippolini onion or shallot, chopped (about ¼ cup)
- 1.5 cups vegetable broth – divided into two cup portions: ½ cup for cooking the veg and 1 cup for making the sauce.
- 4 tablespoons low sodium soy sauce
- 1 tablespoon roasted sesame oil
- 2 teaspoons cornstarch (or arrowroot powder, the healthy alternative)
- About 2 cups cooked brown rice noodles
- 1 to 2 tablespoon black sesame seeds

Directions

Cook the brown rice noodles in a pot of boiling water until they are al dente. Do not overcook.

While the pasta is boiling, sauté mushrooms and onions a large frying pan in about 1/4 cup of broth. Add bok choy and another ¼ cup of broth, until the veg are softened and broth is somewhat evaporated. Add more broth or water if more liquid is needed to keep the veg from sticking to the pan.

Make the sauce: combine one cup of broth with the soy sauce, sesame oil and cornstarch or arrowroot powder. Mix well and pour over the veg. Cover and reduce to simmer, allowing the sauce to thicken.

When veg mixture is cooked, add noodles a bit at a time – you're looking for a nice mixture of noodles and veg. I like more veg than noodles.

Add the sesame seeds. Stir and combine the dish over a low heat, finishing the cooking of the noodles and combining all the ingredients.

Add more broth, or water, to adjust the consistency as needed.

Pro tip: On occasion, I substitute steamed brown rice for the rice noodles – just pour the mushroom bok choy mixture over the cooked rice.