

Ramen

Serves 4 to 6

This recipe is adapted from a Ramen recipe in Chef Del's New Cookbook:
"The China Study Family Cookbook" to be released May 17th, 2017

Miso Broth Ingredients

2 large leeks, thinly sliced

8 cups prepared **Wellness Forum Health's Certainly Not Chicken Broth**

1 large piece kombu*

8 dried shiitake mushrooms

1 tablespoon grated fresh ginger

1/3 cup mellow white miso**

Tamari to taste

Pinch cloves

* Kombu is a kind of seaweed and is used to make vegetable broth in many Asian recipes.

**Miso is a fermented soy bean paste found in most grocery stores or in Asian markets. Look for Mellow White Miso if you can find it. It has a milder flavor and is less salty than other types of miso.

Instructions:

- Add the leeks to a large pot and saute them over medium heat for 5 minutes. Add water 1 to 2 tablespoons at a time to keep them from sticking to the pan.
- Add the prepared "certainly not vegetable broth," kombu, shiitake mushrooms, and ginger.
- Let the broth simmer for 25 minutes, until the mushrooms are tender.
- Remove 1 cup of the vegetable broth to a bowl and add the miso. Whisk it well to make a creamy consistency. Add it back to the pot with the remaining broth.
- Remove the kombu, discard it, and set the broth aside.

The Noodles Ingredients:

1 large sweet potato, peeled and diced

Sea salt and black pepper

8 ounces brown rice spaghetti or linguine

4 cups baby spinach

1 cup fresh or frozen corn kernels

2 green onions, thinly sliced

Instructions:

Preheat the oven to 350 degrees

- Place the diced sweet potatoes on a non-stick baking sheet or one lined with parchment paper.
- Season with sea salt and black pepper and bake for 10-12 minutes until the potatoes are tender and start to brown.
- Remove them from the oven and set aside while you prepare the rest of the dish.
- Cook the noodles according to package instructions.
- Divide noodles between four large bowls and top each bowl with 1 cup of the baby spinach, ¼ cup of the corn, the miso broth (instructions above), and the sliced green onions.
- Serve hot