delicious dish

Back on Track - Japanese Lightly
Grocery,Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
cold sesame soba salad	• Shelled edamame beans • 2 baby cucumbers • 1 carrot • 1 ripe avocado • 2 green onion • Fresh cilantro	• Neutral-tasting oil, sunflower, grapeseed • Dark sesame oil • Rice vinegar • Low sodium soy sauce or tamari • Red pepper flakes (optional) • Honey • Tahini • Soba noodles • Toasted sesame seeds		Have all ingredients ready
Japanese spinach (gomaae)	• 1 large box/454 grams or 2 small boxes baby spinach •	• Tahini • Mirin • Sugar • Roasted sesame seeds • Low sodium soy sauce or tamari	Large pot	Bring a large pot of water to boil
salmon yakitori with green onion	• 2 lb salmon, skin and all fat removed, "sushi style" • Fresh ginger • 2 cloves garlic • 4 green onions	• Low sodium tamari • Mirin • Sake • Brown sugar	4-8 metal skewers or bamboo skewers*	SOAK BAMBOO SKEWERS IF USING

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