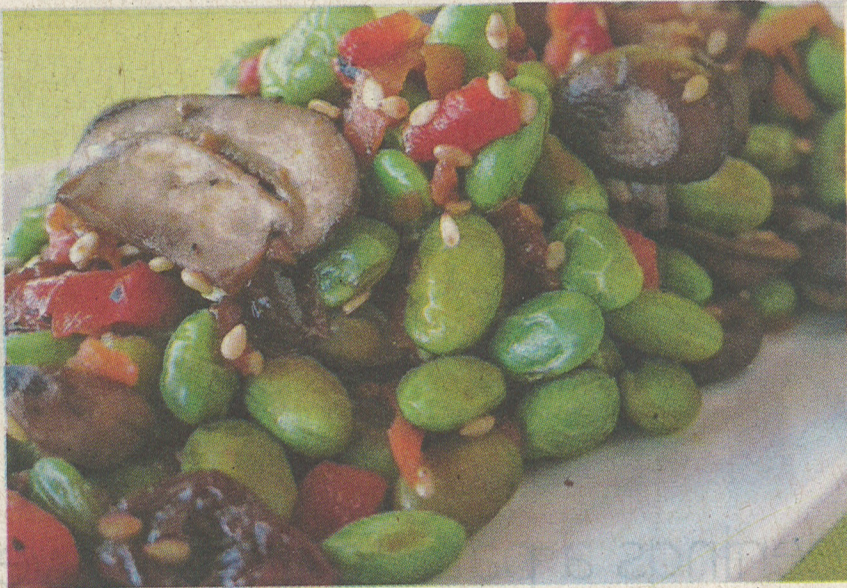
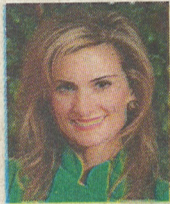


healthy eating

YOU
NEEDN'T
BE VEGAN
TO ENJOY
THIS
STIR-FRY



Vegan edamame mushroom stir-fry with roasted sesame seeds. MICHELLE DUDASH



**Healthful
Dish**

**MICHELLE
DUDASH**

Edamame, or young green soybeans, are wonderful eaten straight out of the pods, and I love them with Friday-night sushi takeout.

To save prep time, I buy shelled edamame for recipes. My taste testers sampled this dish and liked the meaty texture of the mushrooms, making it substantial enough for a main course, yet light as a side dish. Serve it over brown rice with reduced-sodium soy sauce or Bragg's Liquid Amino Acids.

This is a great recipe for "going meatless" one to two nights per week. While I'm not planning on going vegan anytime soon, are any of you? I'd love to hear about how your New Year's resolutions are going so far.

Michelle Dudash of Gilbert is a dietitian and Le Cordon Bleu-certified chef. Reach her at michelle.dudash.com.

Vegan Edamame Mushroom Stir-Fry with Roasted Sesame Seeds

Michelle Dudash, michelledudash.com

4 teaspoons canola oil, divided
2¾ cups (8-ounce carton) thickly sliced crimini (baby bella) mushrooms
Pinch salt
1 16-ounce bag (or 3 cups) frozen shelled edamame soybeans, thawed
1 cup shredded carrots
1 teaspoon fresh gingerroot, minced (or ¼ teaspoon ground ginger)
½ cup reduced-sodium or organic vegetable broth

½ cup roasted red bell peppers, diced
¼ cup dried tart cherries, chopped small
¼ teaspoon curry powder
½ teaspoon Sriracha garlic chili sauce (reduce amount for milder taste)
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
1 tablespoon roasted sesame seeds
2 teaspoons rice vinegar
1 teaspoon agave syrup (or non-vegan honey)

Heat 3 teaspoons of the oil in a large fry pan over medium-high. Once oil is hot, add the mushrooms and pinch of salt, and toss a few times to coat. Stir occasionally and brown 3 to 4 minutes. Reduce heat to medium and cook for 4 minutes. When done, remove mushrooms from pan.

Return pan to heat, add the remaining oil, then the edamame, carrots and ginger. Stir in broth halfway through. Cook for 5 minutes, until edamame is tender. Add the red peppers, cherries, curry, Sriracha, cooked mushrooms, ¼ teaspoon salt and black pepper, and mix well. Cook 2 to 3 minutes longer, until heated through. Remove from the heat and stir in the sesame seeds, vinegar and agave syrup. Serve hot, or enjoy cold the next day.

Preparation and cooking time: 30 minutes.
Servings: 4.

Per serving: 276 calories, 10 g fat (trace saturated, 0 trans), 345 mg sodium, 0 cholesterol, 30 g carbohydrates, 8 g fiber, 14 g protein.