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Miso Cilantro Pesto with Ramen, Roasted Asparagus & Carrot Noodles

Naturally Delicious Recipes • Janice Feuer-Haugen

It's Spring in the Kitchen!

Celebrate spring and asparagus season with a bowl of gluten-free ramen and carrot noodles tossed in a creamy and delicious Miso Cilantro Pesto. This quick and easy dish combines deeply roasted asparagus with lightly cooked and fork-twirlable carrot noodles. The fresh and flavorful pesto brings the dish together with its abundance of fresh young greens, cilantro and umami-rich miso. It's definitely spring in the kitchen.



Ramen Cakes

Have you yet discovered Lotus Foods Millet & Brown Rice Ramen noodles? These Japanese-style noodles are made from nutritious and easily digestible, gluten-free millet and brown rice instead of the more typical wheat. Being ramen, they quickly cook in about 5 minutes.



Millet brown-rice ramen noodles

system and enhances our body's ability to extract nutrients from food. For the greatest health benefits, stir miso into hot foods just before removing them from the heat. As a living food, store miso in the refrigerator.

RECIPE:

Versatile, Nourishing Miso

Miso is so much more than a bowl of soup. It is a culinary staple, a condiment, a spice, a seasoning and a flavor enhancer with many health benefits. Umami-rich miso is used in recipes as diverse as salad dressings, marinades, pastas, stews, spreads, dips, soups and even desserts.

Miso is unusually rich in nutrients. The longer miso ferments, the deeper its color and the more robust its flavor. Choose unpasteurized miso for its live lactobacilli bacteria, which both strengthens our immune



3 kinds of miso

- Vegan, Gluten- and Dairy-Free
- This recipe is easily doubled, tripled, or more.
- Store leftover pesto in the refrigerator for up to 24 hours.
- Avoid overcooking the ramen noodles to maintain both their texture and length.
- Inspired by and adapted from a recipe from Andy Baraghani in *Bon Appetit Magazine*

Makes 2–3 servings
Total time: about 45 minutes

Ingredients & preparation on next page...

INGREDIENTS

Miso Cilantro Pesto

- 1 large garlic clove
- Zest of 1 lemon
- 1 tablespoon fresh lemon juice
- 1 ½ tablespoons white miso
- 1 teaspoon toasted sesame oil
- 2 packed cups cilantro leaves and stems (1 ½ ounces)
- 2 packed cups (2 ½ ounces) Power Greens (mixed young greens)
- ¼ teaspoon Himalayan or sea salt
- 3 tablespoons extra virgin olive oil
- 1 tablespoon ramen cooking liquid

Vegetables

- ½ pound medium fresh asparagus spears
- ¾ teaspoon olive oil
- ⅛ teaspoon salt
- ½ pound carrots cut into julienne slices with a julienne peeler or spiralizer
- 2 scallions thinly sliced on the diagonal

Ramen Noodles

- 2 Lotus Foods Millet Brown Rice Ramen Cakes or other ramen noodles
- ¼ teaspoon salt

PREPARATION

1) Heat the oven to 500 degrees. Place an oven rack about 6 inches from the bottom of the oven.

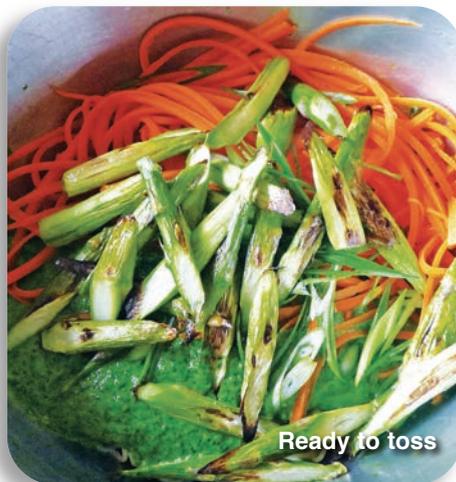
2) PREPARE THE MISO CILANTRO PESTO: While the food processor is running, drop the garlic clove through the feed tube to mince it. Stop the processor to scrape down the garlic from the sides of the bowl. Add the lemon zest, lemon juice, toasted sesame oil, cilantro leaves and stems, Power Greens, salt and olive oil. Pulse 3 times to break down the greens. Then, process until coarsely chopped. Scrape the sides and bottom of the bowl to incorporate all the ingredients. Set the processor aside while you prepare the other ingredients.



Julienne peeler



Preparing the asparagus



Ready to toss

3) PREPARE THE ASPARAGUS: Line a rimmed sheet pan with foil. Slice off the bottom inch of each asparagus spear. Use a peeler to remove the peel from the bottom 1 ½ inches of each spear. Slice the asparagus on a long diagonal into about 1 ½ inch segments. In a small bowl, toss the asparagus with the ¾ teaspoon olive oil and ⅛ teaspoon salt. Spread the asparagus in a single layer on the prepared pan. Once you have the carrots and scallions prepped, place the asparagus in the oven. Roast for about 11 minutes. When you can easily pierce the asparagus with a fork, remove the pan from the oven.

4) MAKE THE CARROT NOODLES AND SLICE THE SCALLIONS: Use a julienne peeler to prepare the carrot noodles. Thinly slice the scallions on a long diagonal. Set aside.

5) PREPARE THE RAMEN NOODLES: after the asparagus is in the oven, bring a quart of lightly-salted water to a boil in a 2-quart pot over medium heat. Add the noodles. Adjust the heat to keep the water at a medium to low boil. After 1 minute, turn each block of noodles over. After another minute, use a fork to separate the noodles. Continue cooking the noodles for another 3–3 ½ minutes. Check the noodles. When *al dente*, drain the noodles, saving the cooking water. Transfer the noodles to a medium bowl. Return the water back to the pot over medium heat.

6) COMPLETE THE PESTO: Add 1 tablespoon of the cooking water to the food processor. Process until the pesto comes together and becomes smoother. Add the Cilantro Miso Pesto to the bowl with the ramen.

7) COOK THE CARROT NOODLES: Place the carrots into the boiling cooking water. Once the water returns to the boil, cook the carrots for 1–1 ½ minutes until crisp-tender. Drain the carrots. Add them to the bowl with the ramen, along with two-thirds of both the sliced scallions and the roasted asparagus, leaving most of the asparagus tips for garnish. Gently toss everything together. Serve topped with the reserved sliced scallions and roasted asparagus tips. ■

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