

3) While that is happening, boil some water in a separate saucepan and cook the carrots, broccoli or cauliflower and peas for 3 minutes; drain and then add to the onion mixture. Stir-fry for 2-3 minutes, sprinkle on soy sauce to taste and mix everything well.

4) When they are ready, drain the noodles and scoop them onto a large serving dish. Pile the stir-fry on top, scatter the cilantro leaves over and serve at once, with additional soy sauce, if required.

Beet Salad I from *Classic Armenian Recipes* by Alice Antreassin and Miriam Jebejian

1 pound boiled beets	1 onion, coarsely chopped
2 cloves garlic, mashed	½ teaspoon salt
4 tablespoons olive oil	3 tablespoons vinegar
2 tablespoons minced dill	lettuce leaves

- 1) Cut cooked beets into small cubes and add onion.
- 2) Mix together garlic, salt, oil, and vinegar, and whisk until well blended.
- 3) Spoon over beets, cover and refrigerate until ready to serve.
- 4) Remove from refrigerator. Taste to adjust seasoning.
- 5) Stir dill into beets, then spoon into serving dish, lined with lettuce leaves.

Easy Elegant Asparagus from *Moosewood Restaurant Cooks at Home* by The Moosewood Collective

1 pound fresh asparagus	1½ tablespoons pine nuts
2 tablespoons melted butter	2 teaspoons balsamic vinegar

Wash the asparagus and snap off the tough ends. Steam the asparagus or cook them in a small amount of boiling water until bright green and just tender. While the asparagus cook, toast the pine nuts. In a small bowl, stir together the melted butter and the vinegar.

When the asparagus are ready, drain them and arrange them on a serving platter. Drizzle the butter sauce on top and sprinkle with the toasted pine nuts. Serve immediately, and offer salt and pepper at the table.

No carrots this week, but a nice recipe to have on hand:

Carrot and Parsley Salad from *Moosewood Restaurant Cooks at Home* by The Moosewood Collective

3 ½ cups grated carrots	1 bunch Parsley, finely chopped
1 garlic clove, minced or pressed	3 tablespoons fresh lemon juice
¼ cup vegetable oil*	½ teaspoon salt
Plenty of freshly ground black pepper to taste	

*Extra-Virgin olive oil, canola oil, grapeseed oil, peanut oil, or any combination of these is fine.

Combine the carrots, parsley, garlic, lemon juice, oil, salt, and pepper in a serving bowl and toss well.

Carrot and Parsley salad can be made ahead and refrigerated, covered, until serving time. It will keep nicely for 2-3 days.

VARIATIONS

Add 1 tablespoon of chopped fresh mint

Add 1 tablespoon of chopped fresh chives

Add 1 tablespoon of ground cumin