



RESET 90/10™ Maintenance

Buckwheat Ramen Noodle & Bok Choy Salad

One of my newest favorites. We cannot get enough of this in, especially in the warmer weather. The flavors are all spot on with the freshness of nutrient-rich bok choy. Re-introducing more raw vegetables after reset is the perfect way to determine if your body is ready to digest more raw vegetables. Bok Choy contains many essential minerals, vitamins, and antioxidants. Snap peas are also low in calories but pack a punch with fiber, vitamin C, vitamin K, and folate. The ramen buckwheat is a delicious alternative to regular pasta as it is linked to better regulation of blood sugar, inflammatory responses and cancer prevention.

6 servings - Leftovers hold up well in the refrigerator. Cut the recipe in half if you are not feeding a crowd

Dressing:

2 Tablespoon tahini
1 Tablespoon of olive or avocado oil
1/4 Cup of coconut vinegar (may sub rice vinegar)
1/4 Cup of coconut aminos
1/2 teaspoon of grated fresh ginger
Juice of 1 lime and 1/2 teaspoon of lime zest
2 teaspoon of pure maple syrup
Fresh ground pepper to taste

Salad:

4 servings of ramen buckwheat noodles. Look for 100% buckwheat. A 9.8 oz package (King Soba Brand on Amazon has 4 ramen cakes equal to 4 servings). I like them because they are organic. There are also soup mixes in Whole Foods that have millet and brown rice noodles, you would just omit the soup seasoning packet and use the noodles)
3 bunches of baby bok choy (thinly sliced)
1 bunch of asparagus (blanched and cut up into 1/2 cubes)
1 red pepper thinly sliced
1-2 carrots shredded
1 cup of sugar snap peas (remove outer strings attached to the outer part of the shell. I like to use a pairing knife. The tip should be dangling, attached to the concave side of the shell. Grab with the edge of your knife and pull along the side. The string should pull off easily. Pull off the other side in the opposite direction) After cleaning, slice thinly lengthwise, similar to a julienne cut
1/4 Cup of fresh basil (chiffonade) or sliced thinly

1/4 Cup of rough chop fresh cilantro

Garnishes:

1/4 Cup of roasted pumpkin seeds (sesame or sunflower works too)

Lime wedges (optional but encouraged)

2 Avocados sliced thinly or cut up into bite size pieces

Chopped cilantro

Scallions chopped

Put all ingredients for the dressing in a small bowl, whisk together and set aside.

Cook the ramen noodles according to the manufacturers direction and make sure to rinse with cool water to keep them from sticking together. Put the noodles in a big bowl. Add bok choy through cilantro. Add you dressing to the bowl. I find that using my hands to incorporate and mix the flavors is the best way to 'massage' that dressing into those vegetables and noodles. Serve with garnishes and enjoy!