

Diet

The Japanese have a very healthy diet. They rarely eat dairy foods or bread. Their staples are fresh fruits and vegetables, rice (brown preferred), soy, noodles, and fish. When meat is served it is more of a condiment than an entrée.

Healthy recipe

Tofu, Japanese style (serves 4-6)

Ingredients

1 pkg. extra firm tofu, drained and cut into 1" square cubes
1 tbsp. sesame oil
3 large cloves garlic (or 6 small cloves) peeled and crushed
1 ½ cups water
½ tsp. ground ginger
½ cup Japanese soy sauce
1 tsp. chili sauce
1 tbsp. corn starch
1 pkg. ramen or somen dried noodles (about 14 oz.)

Directions

1. *Prepare the tofu.*
2. *Pour sesame oil into skillet and saute tofu at medium heat.*
3. *Combine garlic, water, ginger, soy sauce, chili sauce, and corn starch in bowl.*
4. *Pour sauce over hot tofu in skillet, reduce heat as mixture thickens.*
5. *Prepare noodles according to package directions.*
6. *In serving dishes, pour tofu mixture over noodles.*
7. *Serve with a side of vegetables.*