

Dave's Asian Bowl

This recipe evolved from my oil-free stir fry and oil-free fried rice.

I typically make it on weekends when I'm at home and up before everyone else to prepare it and let it sit for a while to reconstitute and cool a bit.

BOTTOM LINE w/ this recipe and others like it: To ramp up weight loss, load up on foods that are more calorie dilute – non-starchy vegetables and fruits. The more calorically dilute your food, the greater the weight loss. And adding exercise, will supercharge the results.

Of course, it can be finetuned or tweaked however you like, but here are the basics I've followed for the past six months.

I begin by assembling all of the ingredients listed below on the counter where I prepare everything (including my current favorite bowl, an Anchor® 1.5-quart blue glass mixing bowl, and a bowl-shaped hot pad given to me by my brother).

In the order listed, place into the bowl:

- a bottom-of-the-bowl dusting of **curry powder**
- a bottom-of-the-bowl dusting of **Chinese five-spice** (to taste)
- a generous pinch of **dulse flakes** or minced seaweed (a good source of iodine and flavor for Asian dishes)
- 1 tbsp. **garlic**, minced or finely chopped
- 1 tbsp. **ginger**, minced or finely chopped
- a splash (maybe 1 tbsp.) **rice vinegar** (or any other vinegar will do)
- a splash (maybe 1 tbsp.) **low-sodium soy sauce** (or teriyaki sauce)
- 1-2 servings **chili sauce** (or sweet chili sauce, Hoisin sauce, chili garlic sauce, etc.)
- ½ cup **soya/soy curls** (from the Hispanic/Latino/Mexican ingredients section of most grocery stores)
 - **SUBSTITUTE/ALTERNATE**: 1 serving of a **low/non-fat meat substitute**, chopped or broken up (When available, I've used **Loma Linda® THAI SWEET CHILI flavor TUNO™**. It's very low in fat – just 3% – but it's more calorically dense and more expensive than the soya/dried soy curls.)
- 2 oz. Annie Chun's® PAD THAI (or MAIFUN) **BROWN RICE NOODLES**
 - **SUBSTITUTE/ALTERNATE**: 1 serving (½ - 1 cup) of **cooked brown rice**
- 4 oz. of **fresh mushrooms**, sliced/chopped (any kind you like... I tend to use **white button**)
- ½ **red bell pepper**, diced/finely chopped
- 1 **shallot** or a **small onion**, chopped
- about 6 oz. of **non-starchy veggies**, chopped (broccoli, Brussels sprouts, cauliflower, bok choy, frozen veggies, or any combination of these)
- 1 cup of **water** (½ cup for the dried soya + ½ cup for the dried noodles... If using the cooked rice, just ½ cup.)

Set a small plate (face up) on top of the bowl and gently press/compact everything down.

Place the plate-covered bowl in the microwave and cook until you can see things are boiling (about 6 – 10 minutes depending on the amount of frozen ingredients).

Remove from microwave and add:

- 1 – 2 tbsp. **Sweet Soy Sauce**
- ¼ - ½ cup of **Pineapple**, chopped or tidbits
- a generous serving of **Pickled Ginger**, chopped (Love this stuff! Find it wherever sushi ingredients are sold.)
- a light sprinkling of **Sesame Seeds** (I use **toasted** sesame seeds.)

Let stand for 15 – 30 minutes to let things reconstitute, saturate with flavor, and cool a bit.

Stir together and enjoy!