

BLOG RECIPES

[Acorn Squash with Maple Syrup & Cinnamon Walnuts, Air-fryer](#)

[Air-fryer Acorn Squash with Maple Syrup & Cinnamon Walnuts](#)

[Appetizer, Korean Cheese Corn](#)

[Appetizer, Vietnamese Spring Roll](#)

[Apples, Sonya's Baked and Stuffed](#)

[Avocado, Beet, and Cucumber Salad](#)

[Baked and Stuffed Apples, Sonya's](#)

[Bean, Sweet Potato, and Kale Soup](#)

[Beet Salad with Eggs](#)

[Beet, Avocado, and Cucumber Salad](#)

[Beets, Pickled with Eggs](#)

[Beverage, Vietnamese Corn Milk](#)

[Biscuit Breakfast Bake with Sausage](#)

[Bok Choy, with Soy-Braised Tofu and Udon](#)

[Bombay Frittata](#)

[Breakfast Biscuit Bake with Sausage](#)

[Breakfast Egg Soup](#)

[Breakfast Salad with Fruit and Nuts](#)

[Broccoli Slaw](#)

[Brussels Sprouts, Maple Syrup Glazed Roasted, with Gochujang](#)

[Buffalo Yogurt & Treacle](#)

[Butternut Squash Congee](#)

[Cabbage, Guny's Slaw](#)

[Cabbage, Irish-Colcannon, Potatoes](#)

[Cabbage, Vegan Kim Chi](#)

[Cajun Cauliflower Soup-Smokey](#)

[Carrot Cake Paleo Waffles](#)

[Carrot Soup with Miso, Ginger, and Lime](#)

[Carrot-Leek Miso Soup](#)

[Cauliflower Mushroom Soup, Creamy](#)

[Cauliflower Soup, Smokey Cajun](#)

[Cauliflower-Sweet Potato Soup, Creamy](#)

[Cheese Corn, Korean](#)

[Cheese, Haloumi, Faux-Tofu](#)

[Chili Oil, Chinese Smokey](#)

[Chili, Magical](#)

[Chimichurri Sauce \(Argentinian Pesto\)](#)

[Chinese Congee, Eight Treasure \(Laba\)](#)

[Chinese Scrambled Eggs with Tomatoes](#)

[Chinese Smokey Chili Oil](#)

[Chowder of the Sea](#)

[Citrus Dressing for Wild Rice Salad](#)

[Coconut-Gochujang Tofu](#)

[Colcannon, Irish Potatoes](#)

[Cold Soba Noodles](#)

[Comfort Soup, Two-Day Slow Cooker](#)

[Condiment, Chinese Smokey Chili Oil](#)

[Condiment, Coconut-Gochujang Tofu](#)

[Condiment, Gormasio, Japanese Sesame Salt](#)

[Condiment, Pickled Lemon or Other Citrus](#)

[Congee, Butternut Squash](#)

[Congee, Eight Treasure \(Laba\)](#)

[Congee, Japanese with Seven Greens \(Nanakusagayu\)](#)

[Corn Milk, Vietnamese](#)

[Corn, Korean with Cheese](#)

[Cranberry-Orange-Date Relish](#)

[Creamy Cauliflower-Sweet Potato Soup](#)

[Creamy Mushroom Cauliflower Soup](#)

[Cucumber and Purslane Salad](#)

[Cucumber Salad, Japanese-Sunomono](#)

[Cucumber, Avocado, and Beet Salad](#)

[Curried Sweet Potato Soup with Peanuts and Coconut](#)

[Curry, Egg](#)

[Date-Orange-Cranberry Relish](#)

[Dressing, Ginger-Japanese](#)

[Egg Curry](#)

[Egg Sandwich with Microgreens](#)

[Egg Soup with Miso-Ginger & Greens](#)

[Egg Soup, Breakfast](#)

[Eggplant, Japanese, with Sweet Miso \(Nasu Dengaku\)](#)

[Eggs and Nettles, Scrambled](#)

[Eggs and Pickled Beets](#)

[Eggs Scrambled with Tomatoes-Chinese](#)

[Eggs, Bombay Frittata](#)

[Eggs, Green Shakshuka](#)

[Eggs, Raw Beet Salad](#)

[Eight Treasure \(Laba\) Congee](#)

[Faux Haloumi Cheese](#)

[Feta Cheese Stuffed in Roasted Figs](#)

[Feta Marinated with Herbs and Peppercorns](#)

[Figs, Roasted, Stuffed with Feta Cheese](#)

[Frittata, Bombay](#)

[Fruit and Nuts, Breakfast Salad](#)

[Fruit Salad with Coconut and Lime Zest or Basil](#)

[Gesang's Stir-fry](#)

[Ginger Coconut Greens](#)

BLOG RECIPES

[Ginger Dressing with Japanese Salad](#)

[Ginger-Lemon Grass Sauce](#)

[Gochujang and Maple Syrup Glazed Roasted Brussels Sprouts](#)

[Gomasio, Japanese Sesame Salt](#)

[Greek Tzatziki Salad](#)

[Green Shakshuka](#)

[Greens and Egg Soup with Miso-Ginger](#)

[Greens with Grits](#)

[Greens, Coconut-Ginger](#)

[Grilled Slaw with Mint](#)

[Grits with Greens](#)

[Guny's Slaw](#)

[Haloumi, Tofu](#)

[Indian Pilaf](#)

[Instant Pot Risotto with Vegetables](#)

[Irish-Colcannon, Potatoes](#)

[Japanese Cucumber Salad-Sunomono](#)

[Japanese Eggplant with Sweet Miso \(Nasu Dengaku\)](#)

[Japanese Rice](#)

[Japanese Rice Balls](#)

[Japanese Rice Porridge with Seven Greens \(Nanakusagayu\)](#)

[Japanese Salad with Ginger Dressing](#)

[Japanese Sesame Salt \(Gomasio\)](#)

[Japanese Souffle Pancake](#)

[Kale, Bean, and Sweet Potato Soup](#)

[Kim Chi, Vegan](#)

[Kimchi Pancake, Korean-Kimchijeon](#)

[Kimchijeon \(Korean Kimchi Pancake\)](#)

[Korean Cheese Corn with Rice Cake](#)

[Korean Kimchi Pancake-Kimchijeon](#)

[Korean Salad-Summer Squash Muchim](#)

[Korean, Vegan Kim Chi](#)

[Laba, Eight Treasure Congee](#)

[Lebanese Toast, Savory](#)

[Leek-Carrot Miso Soup](#)

[Leeks, Stir Fry with Seasoned Tofu and Ginger](#)

[Lemon Grass-Ginger Sauce](#)

[Lemon or Other Citrus, Pickled](#)

[Lovage Potato Salad with Lox](#)

[Lovage Soup, with Mushrooms and Wild Rice](#)

[Lox Potato Salad with Lovage](#)

[Magical Chili](#)

[Microgreens with Egg Sandwich](#)

[Mint, Grilled Slaw](#)

[Miso Soup with Carrot, Ginger, and Lime](#)

[Miso Soup with Carrots and Leeks](#)

[Miso-Ginger Soup with Egg & Greens](#)

[Muchim, Korean Salad-Summer Squash](#)

[Mushroom & Seaweed Soup](#)

[Mushroom Cauliflower Soup, Creamy](#)

[Mushroom, Lovage, and Wild Rice Soup](#)

[Nanakusagayu, Japanese Rice Porridge with Seven Greens](#)

[Nasu Dengaku, Japanese Eggplant with Sweet Miso](#)

[Nettle-Potato Soup](#)

[Nettles and Scrambled Eggs](#)

[Noodles, Cold Soba](#)

[Noodles, Udon and Soy-Braised Tofu with Bok Choy](#)

[Nuts and Fruit, Breakfast Salad](#)

[Orange-Cranberry-Date Relish](#)

[Oryoki Meals at the Temple](#)

[Paleo Waffles, Carrot Cake](#)

[Pancake, Japanese Souffle](#)

[Pancake, Korean Kimchi-Kimchijeon](#)

[Pesto, Argentinian-Chimichurri Sauce](#)

[Pickled Beets and Eggs](#)

[Pickled Lemon or Other Citrus](#)

[Pilaf, Indian Rice](#)

[Porridge, Japanese Rice with Seven Greens \(Nanakusagayu\)](#)

[Potato Salad with Lovage and Lox](#)

[Potato-Nettle Soup](#)

[Potatoes, Irish-Colcannon](#)

[Purslane and Cucumber Salad](#)

[Raw Beet Salad with Eggs](#)

[Relish, Cranberry-Orange-Date](#)

[Rice Cake with Korean Cheese Corn](#)

[Rice, Indian Pilaf](#)

[Rice, Japanese](#)

[Rice, Japanese Balls](#)

[Risotto with Vegetables, Instant Pot](#)

[Roasted Figs Stuffed with Feta Cheese](#)

[Roasted Sweet Potatoes](#)

[Roasted Winter Vegetables](#)

[Salad, Avocado, Beet, and Cucumber](#)

[Salad, Breakfast with Fruit and Nuts](#)

[Salad, Broccoli Slaw](#)

[Salad, Cucumber and Purslane](#)

[Salad, Fruit with Coconut and Lime Zest or Basil](#)

BLOG RECIPES

[Salad, Greek Tzatziki](#)
[Salad, Grilled Slaw with Mint](#)
[Salad, Guny's Slaw](#)
[Salad, Japanese Cucumber-Sunomono](#)
[Salad, Japanese with Ginger Dressing](#)
[Salad, Korean-Muchim](#)
[Salad, Potato with Lovage and Lox](#)
[Salad, Spring](#)
[Salad, Waldorf, with Lettuce Wraps](#)
[Salad, Wild Rice with Citrus Dressing and Hazelnuts](#)
[Sandwich, Egg with Microgreens](#)
[Sauce, Chimichurri, \(Argentinian Pesto\)](#)
[Sauce, Ginger-Lemon Grass](#)
[Sausage Biscuit Breakfast Bake](#)
[Savory Lebanese Toast](#)
[Scrambled Eggs and Nettles](#)
[Seafood, Chowder of the Sea](#)
[Seasoned Tofu Stir Fry with Leeks and Ginger](#)
[Seaweed and Mushroom Soup](#)
[Sesame Salt \(Gomasio\)-Japanese](#)
[Shakshuka, Green](#)
[Slaw, Broccoli](#)
[Slaw, Grilled with Mint](#)
[Slaw, Guny's](#)
[Slow Cooker, Two-Day Comfort Soup](#)
[Smokey Cajun Cauliflower Soup](#)
[Soba Noodles, Cold](#)
[Sonya's Baked and Stuffed Apples](#)
[Souffle Pancake-Japanese](#)
[Soup, Breakfast Egg](#)
[Soup, Carrot with Miso, Ginger, and Lime](#)
[Soup, Carrot-Leek Miso](#)
[Soup, Chowder of the Sea](#)
[Soup, Creamy Cauliflower-Sweet Potato](#)
[Soup, Creamy Mushroom Cauliflower](#)
[Soup, Curried Sweet Potato with Peanuts and Coconut](#)
[Soup, Magical Chili](#)
[Soup, Miso-Ginger with Egg & Greens](#)
[Soup, Mushroom & Seaweed](#)
[Soup, Mushroom, Lovage, and Wild Rice](#)
[Soup, Nettle-Potato](#)
[Soup, Smokey Cajun Cauliflower](#)
[Soup, Sweet Potato, Bean, and Kale](#)
[Soup, Two-Day Slow Cooker Comfort Soy-Braised Tofu and Udon with Bok Choy](#)
[Spring Roll, Vietnamese](#)
[Spring Salad](#)
[Squash, Acorn, with Maple Syrup & Cinnamon Walnuts, Air-fryer](#)
[Squash, Acorn, with Maple Syrup & Cinnamon Walnuts, Air-fryer](#)
[Squash, Butternut, Congee](#)
[Stir Fry with Seasoned Tofu, Leeks and Ginger](#)
[Stir-fry, Gesang](#)
[Summer Squash, Muchim, Korean Salad](#)
[Sunomono, Japanese Cucumber Salad](#)
[Sweet Potato Soup Curried with Peanuts and Coconut](#)
[Sweet Potato Soup, Creamy with Cauliflower](#)
[Sweet Potato, Bean, and Kale Soup](#)
[Sweet Potatoes, Roasted](#)
[Toast, Savory Lebanese](#)
[Tofu "Haloumi"](#)
[Tofu, Coconut-Gochujang](#)
[Tofu, Seasoned, Stir Fry with Leeks and Ginger](#)
[Tofu, Soy-Braised with Udon and Bok Choy](#)
[Tomatoes with Chinese Scrambled Eggs](#)
[Treacle, Buffalo Yogurt](#)
[Two-Day Slow Cooker Comfort Soup](#)
[Tzatziki Salad-Greek](#)
[Udon and Soy-Braised Tofu with Bok Choy](#)
[Vegan Kim Chi](#)
[Vietnamese Corn Milk](#)
[Vietnamese Spring Roll](#)
[Waffles, Carrot Cake Paleo](#)
[Waldorf Salad with Lettuce Wraps](#)
[Wild Rice Salad with Citrus Dressing and Hazelnuts](#)
[Wild Rice Soup, with Mushroom, Lovage](#)
[Winter Vegetables, Roasted](#)
[Yogurt, Buffalo, and Treacle](#)