

Let's Eat Healthy

Affordable, Healthy, Fast

Recipes Using Peking Master Sauce

Information is provided for informational purposes only and is not intended as a substitute for the advice provided by your physician or other healthcare professional. You should always consult with your physician or other healthcare professional before changing your diet.

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Peking Master Sauce, About 2.5 Cups

No-Cook Sauce, Chinese

This sauce is quite zesty (spicy and pepper hot), if you prefer a calmer sauce, reduce Sweet Chili sauce to 2 tablespoons and the Chili Garlic sauce to 1 tablespoon. Once you cook with the sauce, you can adjust the ingredients to your liking. In the recipe below, we first list the dry ingredients and then the wet ingredients; this way you won't need to dry the measuring spoons.



1 tablespoon flaxseed, ground
1 tablespoon garlic powder
1 tablespoon ginger powder
1 tablespoon onion powder
1 tablespoon Chinese Five-Spice Powder
1 teaspoon fennel seeds, crushed
1 teaspoon turmeric powder
½ teaspoon black pepper, ground
½ teaspoon allspice, crushed
½ cup water
¼ cup rice vinegar, unflavored
¼ cup dry white wine (optional)
¼ cup hoisin sauce, reduced sodium

(use gluten free hoisin if gluten sensitive)

4 tablespoons Sweet Chili Sauce

2 tablespoons Chili Garlic Sauce

2 tablespoons peanut butter or almond butter, preferably no added sugar variety

1 tablespoon reduced sodium soy sauce or reduced sodium Tamari sauce (use gluten free, if gluten sensitive)

Combine all ingredients in a large bowl, stir well; or combine all ingredients in a jar with a tight fitting lid, shake it well to make a smooth sauce. For a smoother sauce, combine all ingredients in a blender or a processor; blend it to make a smooth sauce.

If the sauce is too thick, add ¼ to ½ cup water, stir well.

Sauce Storage: We suggest you double or triple the recipe and freeze the sauce for later use. When freezing, use ice trays or muffin pans. Lightly coat the tray or the pan with cooking spray, pour the Master Sauce, store in the freezer overnight. Once the sauce is frozen, transfer the frozen pieces to a sealable freezer bag, push air out, seal and store in the freezer for up to three months. Thaw appropriate amount of sauce prior to its use in cooking.

Spices & Herbs: A frequently asked question is, “Why so many spices and herbs in the Master Sauces?” Two reasons: taste and nutrition. Far too many conventional dishes are devoid of any intrigue – they taste bland. Any taste there is comes from salt, sugar, and multitude of palate maneuvering chemicals and additives. Our use of small quantities of a variety of spices and herbs provides a diversity of tastes throughout the

eating experience. Additionally, spices and herbs are full of immune system supporting ingredients providing our bodies the defense and offence against many ailments. We shop spices and herbs at stores with bulk bins, where the prices are reasonable and one can buy as little as ½ ounce of any ingredient. Approach the recipes in this program with an open mind, and feel free to experiment – if a sauce is too spicy, reduce the specified amounts of spices when assembling the sauce. We strongly recommend that you consider growing a few herbs, they impart flavor and help support our immune system.

Herb Pot: Fresh herbs can be quite expensive. Also, when one buys a bunch for using in a recipe, the left over typically wilts in the refrigerator, and is discarded a few days later. We suggest that you grow your own herbs; once planted most will revive for the next growing cycle. We recommend using two pots, one in the kitchen and one in your back yard, porch, or balcony; somewhere with few hours of daily sun. Rotate the two pots every few weeks and you will have fragrant, tasty, and health building herb at arm's reach while cooking.



Harvest herbs by snipping the top leaves as needed, wash and pat dry the leaves before use. The preferred method is to tear the leaves to release the essential oils, if using a knife, roll the leaves and then slice through.

Fresh herbs should be added to the dish towards the end and not cooked for more than few seconds as prolonged cooking destroys the flavor. Dry herbs are typically added while the dish is being cooked. One teaspoon dry

herb equals one tablespoon of fresh herb. We suggest that you grow the following herbs at home:

Basil: A fragrant dark green herb with a strong, pungent, sweet smell comes in an assortment of colors and aromas including lemon, cinnamon, and licorice. It enhances the aroma and flavor of the finished dish wonderfully.

Chives: It is the smallest of the onion species, the thin and hollow leaves, about 9 inches long, exude gentle aroma. Chives have insect repellent properties and are a good addition to the herb pot.

Mint: The most common variety for cooking is the Spearmint. Mint is best planted in a container *by itself* as it spreads fast and will overtake and suffocate other plants.

Oregano: An aromatic herb is widely used in Italian, Greek, and Mexican cuisines. The Mexican variety is more aromatic than the conventional oregano and less pungent.

Rosemary: A highly aromatic herb is used in a variety of cuisines. This is a highly fragrant herb, use it sparingly.

Sage: The silvery gray leaves are highly aromatic. Dried sage comes in cut and rubbed (fluffy) form. Cut sage is used for garnishing finished dishes while the rubbed sage is typically added to the dish during cooking.

Tarragon: The mild aroma of tarragon is reminiscent of anise. It is well suited for chicken and seafood dishes.

Thyme: Thyme is composed of a woody stem with leaf or flower clusters spaced about ½ inch apart. Leaves/flowers can be removed from stems by pulling through the fingers, or tines of a fork.

Drying Herbs

Harvest the herbs, leave the sprigs whole; don't pull the leaves off the stem at this point. Heat the oven to 175F. While the oven is preheating, arrange herb sprigs in a single layer on a cookie sheet and set it in the oven; leave the door slightly open, this helps with the drying process.

Set the timer for 20 minutes, check herbs in 10 minutes. When leaves feel dry, remove the baking sheet from the oven, and let the herbs cool. To remove the dried herbs from the stems, run your fingers along the stem, the dried leaves will fall off into the sheet. Store the dried herbs in an airtight jar in a cool dark space.

Wine Pairing

Beaujolais, Gewürztraminer, Pinot Blanc, Riesling, Pinot Gris, Rosé, Sauvignon Blanc.

“Three glasses of wine end a hundred quarrels.” Chinese Proverb
“Four glasses of wine start a hundred quarrels.” Anonymous

Vegetables – Eat the Rainbow

Unbelievable Fact: Americans get less than 1% of their daily calories from vegetables.

Though the conventional vegetable serving is 4 ounces, we have increased it to 6 ounces. Look for in-season vegetables, these are often on sale. Suggested list of vegetables:

Acorn*	Dandelion Greens	Mustard Greens
Arugula	Dragon Fruit	Okra
Asparagus	Edamame	Onion
Beets	Eggplant**	Parsley
Bell Pepper	Fennel	Peppers
Bitter Melon	Fenugreek	Potatoes*
Bok Choy	Garlic	Pumpkin*
Broccoli, Broccolini	Ginger	Radish Greens
Brussels Sprouts	Green Beans	Rapini (Broccoli Rabe)
Cabbage	Green Peas	Scallion
Carrots	Jicama	Shallots
Cauliflower	Kale	Spinach
Celery	Kohlrabi*	Squash
Chard	Leeks	Tomatoes
Chicory	Lemon	Turnip
Chilies	Lime	Turnip Greens
Cilantro	Long Beans	Water Chestnuts
Collard Greens	Lotus Root	Yam*
Corn	Mushrooms	Zucchini

* Cook or bake before using.

** The eggplant skin is edible, though with larger eggplants it can be a little tough and slightly bitter. When using the Italian (larger) eggplant and more mature Chinese or Japanese (long) eggplant, peel off the skin. For young, tender, and smaller Chinese or Japanese variety, leave the skin on.

Note: Once you have eaten each of the vegetables above, send us a note, we will be pleased to publish your name in our Rainbow List.

Meat & Seafood: In our recipes, we use 3 ounce servings of beef, chicken, pork, and turkey; 4 ounces for seafood. To make the slicing of meat easier, store it in the freezer for about 20 minutes, this keeps the meat from squishing when being sliced. If the meat is already frozen, don't defrost it entirely prior to slicing. Defrost until it's partially frozen for easy slicing. Whenever possible, we suggest wild caught seafood and grass fed meats over the conventional grain fed meats.

Protein Enhancer – Eggs, Serves 4

At times, you may feel that cooking only vegetarian dishes for a meal falls short of protein. Any of the vegetarian dishes can be extended for extra protein by adding scrambled eggs as described below.

2 tablespoons low-fat milk or almond milk (unsweetened) or water
½ teaspoon turmeric powder
¼ teaspoon black pepper, ground
½ teaspoon Chinese Five-Spice Powder
1/8 teaspoon salt
5 egg whites*
1 egg*
1 teaspoon canola oil

** If you have any questions regarding cholesterol consumption and similar health issues, consult a registered nutritionist or your health care provider.*

In a medium size bowl, combine milk, almond milk, or water, turmeric, black pepper, Chinese Five-Spice Powder, and salt. Stir well. Add eggs to the bowl. Using a fork or whisk, beat the mixture to smooth emulsion.

Heat oil in a skillet over medium heat, tilt to cover the surface evenly. Add the egg mixture to the pan and let it sit for about 30 seconds; the mixture will begin to set.

Using a spatula, lift the egg mixture from one side and fold it over, repeat from other sides. Let the mixture set for another 10 seconds then stir and fold again. About 2 minutes of total cooking should be sufficient. Using the spatula, chop the mixture into medium size chunks, add to the cooked vegetable dish. Stir well.

Protein Enhancer – Nuts

If you would like to increase the amount of protein in a dish, consider adding a small quantity of unsalted sliced or chopped almonds, cashews, peanuts, or walnuts to the finished dish. However, keep in mind their calorie and fat content, for example:

- 1 oz almonds 161 calories, 14g fat
- 1 Oz cashews 155 calories, 13g fat
- 1 Oz peanuts 164 calories, 14g fat
- 1 Oz walnuts 183 calories, 18g fat

Flavor Enhancer: In a recipe, when instructed to drizzle water, consider using tea-infused water instead. Steep a couple of tablespoons of your favorite tea in a cup of hot water for 10 minutes, strain and store the liquid in a glass jar in the refrigerator. Wine, red or white, is a good flavor enhancer; orange juice also works well.

Noodles: We prefer 100 percent whole-grain noodles (pasta) with *high dietary fiber and reduced sodium*, and use whole-grain spaghetti, mung, rice, quinoa, and soba (buckwheat) noodles. You will notice that we use soba noodles in our recipes as these contain fewer calories and carbs than regular pasta.

- **Gluten Free:** Quinoa, rice and mung bean noodles are gluten free.
- **Serving Size:** The conventional serving size is 2 ounces, however, we use 1 ounce per serving; we find the 2 ounce serving to be a bit much.
- **Cooking Process:** There are differing views on the proper method to cook noodles with such questions as: should salt and oil be added to the boiling water? We do neither. We add a small quantity of the appropriate spice.
- **Al Dente Cooking:** This means the noodles feel firm, not crunchy, when you bite down with your front teeth – it is slightly under cooked. Cooking finishes when you add Al dente noodles to the dish and then continue cooking for a couple of minutes.

Utensils: For electric skillet, we use a 12” x 16” skillet. For stove top cooking, we use two 10” heavy duty stainless steel skillets. We also prefer wooden spatulas, minimizing the chance of scratching the cooking surface.

Ingredient Preparation: Always prepare the ingredients prior to the cooking of dishes:

- **Master Sauce:** Usually prepared days ahead and stored in the refrigerator or freezer. If frozen, thaw the appropriate amount of the needed sauce.
- **Vegetables:** Prepare vegetables before preparing the meat or seafood, this reduces the chances of cross-contamination.
- **Meat or Seafood:** All are sliced ‘Chinese style’ into uniform small pieces, this ensures even cooking.
- **If using noodles in a dish,** start cooking the noodles first, as this requires the longer time (typically 8 to 10 minutes).

Dishes	Cost/Serving
1. Peking Baby Bok Choy	1.00/Serving
2. Peking Beef Vegetables Noodles	2.40/Serving
3. Peking Cabbage Bell Pepper	1.10/Serving

4. Peking Chicken Vegetables Noodles	1.25/Serving
5. Peking Eggplant	0.80/Serving
6. Peking Lamb Vegetables Noodles	2.25/Serving
7. Peking Mushrooms	1.75/Serving
8. Peking Noodles Bell Pepper	0.60/Serving
9. Peking Onions	0.60/Serving
10. Peking Pork Vegetables Noodles	1.45/Serving
11. Peking Seafood Vegetables Noodles	2.90/Serving, \$1.75 for Canned Salmon
12. Peking Tempeh Vegetables Noodles	1.65/Serving
13. Peking Tofu Vegetables Noodles	1.40/Serving
14. Peking Turkey Vegetables Noodles	1.65/Serving
15. Peking Vegetables	1.05/Serving

Cost Comparison: Typically, a sandwich averages \$6.50 and the lunch special in inexpensive restaurants hovers around \$7.50 plus tax and tip; lunch for four would average to \$35. In our case, the most expensive dish (seafood, vegetables, and noodles) that serves 4 hovers around \$12; resulting is a saving of \$23.

Cooking Methods

Each recipe below is presented using two cooking methods:

- Electric Skillet
- Stove Top

Cooking Time

Not including the ingredient preparation time, each dish is cooked in about 10 minutes using the electric skillet and about 8 minutes on stove top using two skillets.

Fruit Fellowship

Consider using fruit as dessert replacing the traditional cookies, cakes, and ice cream. Fresh fruit provides us with vitamins and minerals necessary for a healthy immune system. Most fruits are low in fat, high in dietary fiber, and provide natural sugar. After a meal prepared with Peking Master Sauce, orange is the preferred fruit.

Cooking Oil

We use small quantities of canola oil, preferably expeller type. Expeller-pressed canola oil is produced by mechanically squeezing (pressing) the oil from the canola seed. Non-expeller canola oil is extracted using chemical solvents.

Diabetic Friendly

We have worked diligently to incorporate the following nutrition profile into the Let's Eat Healthy program:

- **Healthy Carbohydrates.** Variety of fresh vegetables, fruits, whole grain noodles, dried beans, and lentils.
- **Heart-Healthy Seafood.** Wild salmon and tuna rich in omega-3 fatty acids.
- **Healthy Fats.** Not fried and unsalted almonds, cashews, peanuts, walnuts, seeds, and expeller canola oil.
- **Low Sugars.** Minimum amounts of added sugars, no HFCS, and no artificial sweeteners.

Recipes

In the recipes below, for vegetables we used bell pepper, baby bok choy, cabbage, carrots, onions, mushrooms, and zucchini (feel free to use vegetables of your choice). To create a complete serving, we have included soba noodles in most of the recipes below. If you need to cook any recipe without noodles, simply omit the noodle adding step, may need to adjust the amount of the Master Sauce used.

Feedback Request

As you cook the recipes in this set, we would appreciate receiving feedback on your experience; suggestions are most welcome. Use the FEEDBACK button located towards the top right of the Home page.

Peking Baby Bok Choy, Serves 4, \$1/Serving

Electric Skillet

2 teaspoons canola oil

1½ pounds Baby Bok Choy, trim the root ends, slice horizontally into halves, rinse well

1 teaspoon Chinese Five Spice powder

½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)

1 teaspoon sesame seeds

Fresh or dry herb of your choice for garnish

Turn the skillet to medium high. Drizzle oil on cooking surface of the skillet. Lay Bok Choy evenly on the cooking surface, sprinkle Chinese Five Spice powder and 2 tablespoons water over Bok Choy, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, turn each Bok Choy over, drizzle Peking Master Sauce; cook for 2 minutes.

Garnish with sesame seeds and herb of your choice.



Peking Baby Bok Choy, Serves 4, \$1/Serving

Stove Top

- 2 teaspoons canola oil
- 1½ pounds Baby Bok Choy, trim the root ends, slice horizontally into halves, rinse well
- 1 teaspoon Chinese Five Spice powder
- ½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
- 1 teaspoon sesame seeds
- Fresh or dry herb of your choice for garnish

Heat 1 teaspoon oil in a skillet over medium-high heat, tilt to cover the surface evenly. Lay Bok Choy evenly on the cooking surface, sprinkle Chinese Five Spice powder and 2 tablespoons water over Bok Choy, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, turn each Bok Choy over, drizzle Peking Master Sauce; cook for 2 minutes.

Garnish with sesame seeds and herb of your choice.

Peking Beef Vegetables Noodles, Serves 4, \$2.40/Serving

Electric Skillet

- 2 teaspoons canola oil, divided
- 1½ pounds vegetables, sliced into bite size pieces
- 12 ounces beef, lean, sliced against the grain into bite size pieces
- 1 teaspoon Chinese Five Spice powder
- 4 ounces Soba noodles, cooked Al dente

½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Turn the skillet to medium high. Drizzle 1 teaspoon oil on cooking surface of the skillet. Add vegetables, drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*). Remove the cover, stir, turn, and push vegetables to the farther side of the skillet; drizzle 2 tablespoons water on vegetables.

Drizzle 1 teaspoon oil on the skillet surface closer to you, add beef and sprinkle Chinese Five Spice powder over beef; stir-fry for 4 minutes.

Stir and combine beef and vegetables, add noodles and Peking Master Sauce; stir-fry for 2 minutes, or until beef is cooked through.

Garnish with sesame seeds and herb of your choice.



Peking Beef Vegetables Noodles, Serves 4, \$2.40/Serving

Stove Top

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
12 ounces beef, lean, sliced against the grain into bite size pieces
1 teaspoon Chinese Five Spice powder
4 ounces Soba noodles, cooked Al dente

½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds

Fresh or dry herb of your choice for garnish

Heat 1 teaspoon oil in a skillet over medium-high heat, tilt to cover the surface evenly. Add vegetables and spread evenly; drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

While vegetables are cooking, heat 1 teaspoon oil in the other skillet over medium-high heat, add beef and sprinkle Chinese Five Spice powder over beef; stir-fry for 4 minutes.

Transfer vegetables to the skillet with beef, add noodles and Peking Master Sauce; stir-fry for 2 minutes, or until beef is cooked through.

Garnish with sesame seeds and herb of your choice.

Peking Cabbage Bell Pepper, Serves 4, \$1.10/Serving

Electric Skillet

2 teaspoons canola oil

1½ pounds cabbage (cabbage, bok choy, Chinese cabbage, Napa cabbage), cored and sliced crosswise into ½-inch thick shreds (thick cut)

1 cup bell pepper, diced

1 teaspoon Chinese Five Spice powder

½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)

1 teaspoon sesame seeds

Fresh or dry herb of your choice for garnish

Turn the skillet to medium high. Drizzle oil on cooking surface of the skillet. Add cabbage mixture, bell pepper, sprinkle Chinese Five Spice powder and 2 tablespoons water over cabbage, cover the skillet and let cook for 5 minutes (do not lift the cover, *do not stir*).

Remove the cover, add Peking Master Sauce; stir-fry for 1 minute.

Garnish with sesame seeds and herb of your choice.

Peking Cabbage Bell Pepper, Serves 4, \$1.10/Serving

Stove Top

2 teaspoons canola oil

1½ pounds cabbage (cabbage, bok choy, Chinese cabbage, Napa cabbage), cored and sliced crosswise into ½-inch thick shreds (thick cut)

1 cup bell pepper, diced

1 teaspoon Chinese Five Spice powder

½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)

1 teaspoon sesame seeds

Fresh or dry herb of your choice for garnish

Heat 1 teaspoon oil in a skillet over medium-high heat, tilt to cover the surface evenly. Add cabbage mixture, bell pepper, sprinkle Chinese Five Spice powder and 2 tablespoons water over cabbage, cover the skillet and let cook for 5 minutes (do not lift the cover, *do not stir*).

Remove the cover, add Peking Master Sauce; stir-fry for 1 minute.

Garnish with sesame seeds and herb of your choice.

Peking Chicken Vegetables Noodles, Serves 4, \$1.25/Serving **Electric Skillet**

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
12 ounces chicken, lean, sliced against the grain into bite size pieces
1 teaspoon Chinese Five Spice powder
4 ounces Soba noodles, cooked Al dente
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Turn the skillet to medium high. Drizzle 1 teaspoon oil on cooking surface of the skillet. Add vegetables, drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, stir, turn, and push vegetables to the farther side of the skillet; drizzle 2 tablespoons water over vegetables.

Drizzle 1 teaspoon oil on the skillet surface closer to you, add chicken and sprinkle Chinese Five Spice powder over chicken; stir-fry for 4 minutes.

Stir and combine chicken and vegetables, add noodles and Peking Master Sauce; stir-fry for 2 minutes, or until chicken is cooked through.

Garnish with sesame seeds and herb of your choice.



Peking Chicken Vegetables Noodles, Serves 4, \$1.25/Serving

Stove Top

- 2 teaspoons canola oil, divided
- 1½ pounds vegetables, sliced into bite size pieces
- 12 ounces chicken, lean, sliced against the grain into bite size pieces
- 1 teaspoon Chinese Five Spice powder
- 4 ounces Soba noodles, cooked Al dente
- ½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
- 1 teaspoon sesame seeds
- Fresh or dry herb of your choice for garnish

Heat 1 teaspoon oil in a skillet over medium-high heat, tilt to cover the surface evenly. Add vegetables and spread evenly; drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

While vegetables are cooking, heat 1 teaspoon oil in the other skillet over medium-high heat, add chicken and sprinkle Chinese Five Spice powder over chicken; stir-fry for 4 minutes.

Transfer vegetables to the skillet with chicken, add noodles and Peking Master Sauce; stir-fry for 2 minutes, or until chicken is cooked through.

Garnish with sesame seeds and herb of your choice.

Peking Eggplant, Serves 4, \$1/Serving

Electric Skillet

1 tablespoon canola oil
1½ pounds Japanese/Chinese* eggplant, sliced ½ inch thick
1 teaspoon Chinese Five Spice powder
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

* If not available, use the larger Italian variety, peel, slice into ½ inch cubes.

Turn the skillet to medium high. Drizzle oil on cooking surface of the skillet. Add eggplant, drizzle 2 tablespoons water over eggplant, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, stir and turn eggplant, drizzle Chinese Five Spice powder and 1 tablespoons water over eggplant, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, drizzle Peking Master Sauce over eggplant; stir-fry for 2 minutes, or until eggplant is cooked through.

Garnish with sesame seeds and herb of your choice.

Peking Eggplant, Serves 4, \$1/Serving

Stove Top

1 tablespoon canola oil
1½ pounds Japanese/Chinese eggplant, sliced ½ inch thick
1 teaspoon Chinese Five Spice powder
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

* If not available, use the larger Italian variety, peel, slice into ½ inch cubes.

Heat oil in a skillet over medium-high heat, tilt to cover the surface evenly. Add eggplant, drizzle 2 tablespoons water over eggplant, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, stir and turn eggplant, sprinkle Chinese Five Spice powder and 1 tablespoons water over eggplant, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, drizzle Peking Master Sauce over eggplant; stir-fry for 2 minutes, or until eggplant is cooked through.

Garnish with sesame seeds and herb of your choice.

Peking Lamb Vegetables Noodles, Serves 4, \$2.25/Serving

Electric Skillet

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
12 ounces lamb, lean, sliced against the grain into bite size pieces
1 teaspoon Chinese Five Spice powder
4 ounces Soba noodles, cooked Al dente
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Turn the skillet to medium high. Drizzle 1 teaspoon oil on cooking surface of the skillet. Add vegetables, drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, stir, turn, and push vegetables to the farther side of the skillet; drizzle 2 tablespoons water over vegetables.

Drizzle 1 teaspoon oil on the skillet surface closer to you, add lamb and sprinkle Chinese Five Spice powder over lamb; stir-fry for 4 minutes.

Stir and combine lamb and vegetables, add noodles and Peking Master Sauce; stir-fry for 2 minutes, or until lamb is cooked through.

Garnish with sesame seeds and herb of your choice.



Peking Lamb Vegetables Noodles, Serves 4, \$2.25/Serving

Stove Top

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
12 ounces lamb, lean, sliced against the grain into bite size pieces
1 teaspoon Chinese Five Spice powder
4 ounces Soba noodles, cooked Al dente
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Heat 1 teaspoon oil in a skillet over medium-high heat, tilt to cover the surface evenly. Add vegetables and spread evenly; drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

While vegetables are cooking, heat 1 teaspoon oil in the other skillet over medium-high heat, add lamb and sprinkle Chinese Five Spice powder over lamb; stir-fry for 4 minutes.

Transfer vegetables to the skillet with lamb, add noodles and Peking Master Sauce; stir-fry for 2 minutes, or until lamb is cooked through.

Garnish with sesame seeds and herb of your choice.

Peking Mushrooms, Serves 4, \$1.75/Serving

Electric Skillet

2 teaspoons canola oil
1½ pounds mushrooms, mixed variety, sliced thick
1 teaspoon Chinese Five Spice powder
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Turn the skillet to medium high. Drizzle oil on cooking surface of the skillet. Add mushrooms, sprinkle Chinese Five Spice powder and 2 tablespoons water over mushrooms, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, add Peking Master Sauce; stir-fry for 2 minute.

Garnish with sesame seeds and herb of your choice.

Peking Mushrooms, Serves 4, \$1.75/Serving

Stove Top

2 teaspoons canola oil
1½ pounds mushrooms, mixed variety, sliced thick
1 teaspoon Chinese Five Spice powder

½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Heat 1 teaspoon oil in a skillet over medium-high heat, tilt to cover the surface evenly. Add mushrooms, sprinkle Chinese Five Spice powder and 2 tablespoons water over mushrooms, cover the skillet and let cook for 5 minutes (do not lift the cover, *do not stir*).

Remove the cover, add Peking Master Sauce; stir-fry for 2 minute.

Garnish with sesame seeds and herb of your choice.

Peking Noodles Bell Pepper, Serves 4, \$0.60/Serving

Electric Skillet

1 tablespoon canola oil
4 ounces Soba noodles, cooked Al dente
1 cup diced bell pepper of your choice
1 teaspoon Chinese Five Spice powder
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Turn the skillet to medium high. Drizzle oil on cooking surface of the skillet. Add noodles and bell pepper, sprinkle Chinese Five Spice powder and 2 tablespoons water over noodles, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove cover, add Peking Master Sauce; stir-fry for 2 minutes.

Garnish with sesame seeds and herb of your choice.

Peking Noodles Bell Pepper, Serves 4, \$0.60/Serving

Stove Top

1 tablespoon canola oil
4 ounces Soba noodles, cooked Al dente
1 cup diced bell pepper of your choice
1 teaspoon Chinese Five Spice powder
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Heat oil in a skillet over medium-high heat, tilt to cover the surface evenly. Add noodles and bell pepper, sprinkle Chinese Five Spice powder and 2 tablespoons water over noodles, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove cover, add Peking Master Sauce; stir-fry for 2 minutes.

Garnish with sesame seeds and herb of your choice.

Peking Onions, Serves 4, \$.55/Serving

Electric Skillet

2 teaspoons canola oil
1½ pounds onions, peeled, trimmed, sliced thick horizontally into rounds
1 teaspoon Chinese Five Spice powder
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Turn the skillet to medium high. Drizzle oil on cooking surface of the skillet. Lay onion rings evenly on the cooking surface, sprinkle Chinese Five Spice powder and 2 tablespoons water over onion rings, cover the skillet and let cook for 5 minutes (do not lift the cover, *do not stir*).

Remove the cover, turn each onion ring over carefully, drizzle Peking Master Sauce; cook for 4 minutes.

Garnish with sesame seeds and herb of your choice.

Peking Onions, Serves 4, \$.55/Serving

Stove Top

2 teaspoons canola oil
1½ pounds onions, peeled, trimmed, sliced thick horizontally into rounds
1 teaspoon Chinese Five Spice powder
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Heat 1 teaspoon oil in a skillet over medium-high heat, tilt to cover the surface evenly. Lay onion rings evenly on the cooking surface, sprinkle Chinese Five Spice powder and 2 tablespoons water over onion rings, cover the skillet and let cook for 5 minutes (do not lift the cover, *do not stir*).

Remove the cover, turn each Bok Choy over, drizzle Peking Master Sauce; cook for 4 minutes.

Garnish with sesame seeds and herb of your choice.

Peking Pork Vegetables Noodles, Serves 4, \$1.45/Serving

Electric Skillet

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
12 ounces pork, lean, sliced against the grain into bite size pieces
1 teaspoon Chinese Five Spice powder

½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Turn the skillet to medium high. Drizzle 1 teaspoon oil on cooking surface of the skillet. Add vegetables, drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, stir, turn, and push vegetables to the farther side of the skillet; drizzle 2 tablespoons water over vegetables.

Drizzle 1 teaspoon oil on the skillet surface closer to you, add pork and sprinkle Chinese Five Spice powder over pork; stir-fry for 4 minutes.

Stir and combine pork and vegetables, add Peking Master Sauce; stir-fry for 2 minutes, or until pork is cooked through.

Garnish with sesame seeds and herb of your choice.



Peking Pork Vegetables Noodles, Serves 4, \$1.45/Serving

Stove Top

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
12 ounces pork, lean, sliced against the grain into bite size pieces
1 teaspoon Chinese Five Spice powder
4 ounces Soba noodles, cooked Al dente

½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Heat 1 teaspoon oil in a skillet over medium-high heat, tilt to cover the surface evenly. Add vegetables and spread evenly; drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

While vegetables are cooking, heat 1 teaspoon oil in the other skillet over medium-high heat, add pork and sprinkle Chinese Five Spice powder over pork; stir-fry for 4 minutes.

Transfer vegetables to the skillet with pork, add noodles and Peking Master Sauce; stir-fry for 2 minutes, or until pork is cooked through.

Garnish with sesame seeds and herb of your choice.

Peking Seafood Vegetables Noodles, Serves 4, \$2.90/Serving Electric Skillet

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
1 pound seafood*, sliced into bite size pieces
1 teaspoon Chinese Five Spice powder
4 ounces Soba noodles, cooked Al dente
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

* This can be a mixture of your favorite seafood or try the canned Pink Salmon, Wild Caught (the 14.5 Oz can typically costs \$3.50, a great buy). If using canned salmon, drain it well and break into medium size chunks. If using canned, cost/serving drops to \$1.75.

Turn the skillet to medium high. Drizzle 1 teaspoon oil on cooking surface of the skillet. Add vegetables, drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, stir, turn, and push vegetables to the farther side of the skillet; drizzle 2 tablespoons water over vegetables.

Drizzle 1 teaspoon oil on the skillet surface closer to you, add seafood and sprinkle Chinese Five Spice powder and 2 tablespoons water over seafood. Stir-fry seafood for 4 minutes. If using canned salmon, reduce the cooking time to 2 minutes.

Stir and combine seafood and vegetables, add noodles and Peking Master Sauce; stir-fry for 2 minutes, or until seafood is cooked through.

Garnish with sesame seeds and herb of your choice.



Peking Seafood Vegetables Noodles, Serves 4, \$2.90/Serving

Stove Top

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
1 pound seafood*, lean, sliced against the grain into bite size pieces
1 teaspoon Chinese Five Spice powder
4 ounces Soba noodles, cooked Al dente
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

* This can be a mixture of your favorite seafood or try the canned Pink Salmon, Wild Caught (the 14.5 Oz can typically costs \$3.50, a great buy). If using canned salmon, drain it well and break into medium size chunks. If using canned, cost/serving drops to \$1.75.

Heat 1 teaspoon oil in a skillet over medium-high heat, tilt to cover the surface evenly. Add vegetables and spread evenly; drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

While vegetables are cooking, heat 1 teaspoon oil in the other skillet over medium-high heat, add seafood and sprinkle Chinese Five Spice powder over seafood; stir-fry for 4 minutes. If using canned salmon, reduce the cooking time to 2 minutes.

Transfer vegetables to the skillet with seafood, add noodles and Peking Master Sauce; stir-fry for 2 minutes, or until seafood is cooked through.

Garnish with sesame seeds and herb of your choice.

Peking Tempeh Vegetables Noodles, Serves 4, \$1.65/Serving **Electric Skillet**

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
12 ounces tempeh (preferably plain), sliced into 1" cubes
1 teaspoon Chinese Five Spice powder
4 ounces Soba noodles, cooked Al dente
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Turn the skillet to medium high. Drizzle 1 teaspoon oil on cooking surface of the skillet. Add vegetables, drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, stir, turn, and push vegetables to the farther side of the skillet; drizzle 2 tablespoons water over vegetables.

Drizzle 1 teaspoon oil on the skillet surface closer to you, add tempeh and sprinkle Chinese Five Spice powder over tempeh. Stir-fry tempeh for 2 minutes.

Stir and combine tempeh and vegetables, add noodles and Peking Master Sauce; stir-fry for 2 minutes.

Garnish with sesame seeds and herb of your choice.

Peking Tempeh Vegetables Noodles, Serves 4, \$1.65/Serving **Stove Top**

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
12 ounces tempeh (preferably plain), sliced into 1" cubes
1 teaspoon Chinese Five Spice powder
4 ounces Soba noodles, cooked Al dente
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Heat 1 teaspoon oil in a skillet over medium-high heat, tilt to cover the surface evenly. Add vegetables and spread evenly; drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

While vegetables are cooking, heat 1 teaspoon oil in the other skillet over medium-high heat, add Tempeh and sprinkle Chinese Five Spice powder over Tempeh; stir-fry for 2 minutes.

Transfer vegetables to the skillet with Tempeh, add noodles and Peking Master Sauce; stir-fry for 2 minutes.

Garnish with sesame seeds and herb of your choice.

Peking Tofu Vegetables Noodles, Serves 4, \$1.40/Serving

Electric Skillet

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
12 ounces tofu (usually 14 ounces, Non GMO)*
1 teaspoon Chinese Five Spice powder
4 ounces Soba noodles, cooked Al dente
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

* Rinse and blot the tofu dry. Halve the tofu block lengthwise, wrap in a clean kitchen towel, lay it on a clean surface, place a cutting board on top; let sit for about 15 minutes. The idea is to remove the excess moisture from tofu. Slice tofu into 1 inch cubes.

Turn the skillet to medium high. Drizzle 1 teaspoon oil on cooking surface of the skillet. Add vegetables, drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, stir, turn, and push vegetables to the farther side of the skillet; drizzle 2 tablespoons water over vegetables.

Drizzle 1 teaspoon oil on the skillet surface closer to you, add tofu and sprinkle Chinese Five Spice powder over tofu. Stir-fry tofu for 2 minutes.

Stir and combine tofu and vegetables, add noodles and Peking Master Sauce; stir-fry for 2 minutes. Garnish with sesame seeds and herb of your choice.

Peking Tofu Vegetables Noodles, Serves 4, \$1.40/Serving

Stove Top

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
12 ounces tofu (usually 14 ounces, Non GMO)*
1 teaspoon Chinese Five Spice powder
4 ounces Soba noodles, cooked Al dente

½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

* Rinse and blot the tofu dry. Halve the tofu block lengthwise, wrap in a clean kitchen towel, lay it on a clean surface, place a cutting board on top; let sit for about 15 minutes. The idea is to remove the excess moisture from tofu. Slice tofu into 1 inch cubes.

Heat 1 teaspoon oil in a skillet over medium-high heat, tilt to cover the surface evenly. Add vegetables and spread evenly; drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

While vegetables are cooking, heat 1 teaspoon oil in the other skillet over medium-high heat, add tofu and sprinkle Chinese Five Spice powder over tofu; stir-fry for 2 minutes.

Transfer vegetables to the skillet with tofu, add noodles and Peking Master Sauce; stir-fry for 2 minutes.

Garnish with sesame seeds and herb of your choice.

Peking Turkey Vegetables Noodles, Serves 4, \$1.65/Serving

Electric Skillet

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
12 ounces turkey*, lean, sliced against the grain into bite size pieces
1 teaspoon Chinese Five Spice powder
4 ounces Soba noodles, cooked Al dente
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

* Can also use leftover cooked turkey. For this, reduce the turkey cooking time below to 2 minutes.

Turn the skillet to medium high. Drizzle 1 teaspoon oil on cooking surface of the skillet. Add vegetables, drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*).

Remove the cover, stir, turn, and push vegetables to the farther side of the skillet; drizzle 2 tablespoons water over vegetables.
Drizzle 1 teaspoon oil on the skillet surface closer to you, add turkey and sprinkle Chinese Five Spice powder over turkey. Stir-fry turkey for 4 minutes. If using cooked turkey, stir-fry for 2 minutes.

Stir and combine turkey and vegetables, add noodles and Peking Master Sauce; stir-fry for 2 minutes, or until turkey is cooked through.

Garnish with sesame seeds and herb of your choice



Peking Turkey Vegetables Noodles, Serves 4, \$1.65/Serving

Stove Top

2 teaspoons canola oil, divided
1½ pounds vegetables, sliced into bite size pieces
12 ounces turkey*, sliced into bite size pieces
1 teaspoon Chinese Five Spice powder
4 ounces Soba noodles, cooked Al dente
½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

* Can also use leftover cooked turkey. For this, reduce the turkey cooking time below to 2 minutes.

Heat 1 teaspoon oil in a skillet over medium-high heat, tilt to cover the surface evenly. Add vegetables and spread evenly; drizzle 2 tablespoons water over vegetables, cover the skillet and let cook for 4 minutes (do not lift the cover, *do not stir*). While vegetables are cooking, heat 1 teaspoon oil in the other skillet over medium-high heat, add turkey and sprinkle Chinese Five Spice powder over turkey; stir-fry for 4 minutes. If using cooked turkey, stir-fry for 2 minutes.

Transfer vegetables to the skillet with turkey, add noodles and Peking Master Sauce; stir-fry for 2 minutes, or until turkey is cooked through.

Garnish with sesame seeds and herb of your choice.

Peking Vegetables, Serves 4, \$1.05/Serving

Electric Skillet

- 2 teaspoons canola oil, divided
- 1½ pounds vegetables, sliced into bite size pieces
- 1 teaspoon Chinese Five Spice powder
- ½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
- 1 teaspoon sesame seeds
- Fresh or dry herb of your choice for garnish

Turn the skillet to medium high. Drizzle oil on the skillet, Add vegetables, sprinkle Chinese Five Spice powder and 2 tablespoons water over vegetables, cover the skillet and let cook for 5 minutes (do not lift the cover, *do not stir*).

Add Peking Master Sauce; stir-fry for 2 minutes.

Garnish with sesame seeds and herb of your choice.



Peking Vegetables, Serves 4, \$1.05/Serving

Stove Top

- 2 teaspoons canola oil, divided
- 1½ pounds vegetables, sliced into bite size pieces
- 1 teaspoon Chinese Five Spice powder

½ cup Peking Master Sauce, thawed if frozen (adjust the quantity to your taste)
1 teaspoon sesame seeds
Fresh or dry herb of your choice for garnish

Heat 1 teaspoon oil in a skillet over medium-high heat, tilt to cover the surface evenly. Add vegetables and spread evenly; sprinkle Chinese Five Spice powder and 2 tablespoons water over vegetables, cover the skillet and let cook for 5 minutes (do not lift the cover, *do not stir*).

Add Peking Master Sauce; stir-fry for 2 minutes.

Garnish with sesame seeds and herb of your choice.

Affordability

Typically, a sandwich averages \$6.50 and a lunch in inexpensive restaurants hovers around \$7.50 plus tax and tip; lunch for four would average to \$35. In our case, the most expensive dish (seafood, vegetables, and soba noodles) that serves 4 hovers around \$12; resulting in savings approaching \$23. The dish of chicken, vegetables, and noodles that serves 4 hovers around \$4.45 (\$1.15 per serving).

Suggested Donation

We would like you to consider donating a part of your savings to help us meet our mission to EndLocalHunger™. Each \$7 tax deductible donation helps us provide 14 servings of nutritious, delicious, and easy to prepare BagOfLife® meals to those facing hunger in our communities. FamilyGreenSurvival, Inc. is a 501c3 non-profit charitable organization, your donation is tax deductible to the extent allowed by law.

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谢谢, *Xièxiè, Thank You*