

Macrobiotic Meal of the Month - April 2009

I went to the macrobiotic potluck in South Portland (Friday the 28th), where Marlene McKenna spoke about her recovery from Stage 4 malignant melanoma. Her story is amazing. Marlene stayed over at my house that evening, and it was fun talking late into the night. We talked about spiritual issues as well. Marlene is a kind and warm-hearted person and she's committed to helping others move toward health. I feel very connected to Marlene in that we both feel compelled to share what we've learned in whatever way we can, to promote the connection between food and good health. Toward this goal, we've decided to do some future events together. I truly look forward to this.

Yesterday, Tom and I went to look at houses. We do this occasionally as we're looking to downsize, so when we hear of something that interests us we take a look. Pretty soon we will be "empty nesters," and at this point less room, upkeep and taxes would be a move in the right direction!

We got back late for dinner, so once again, I put off my "best laid plans" for another day. I was going to make a very simple, and very macro dish, called "Arame, Onions and Tofu." Instead, I asked Tom if he felt like making one of his yummy pasta dishes and I'd make the vegetables. He threw a few things together and this is what he came up with. Like I said a few weeks ago, Tom's not just about good looks!

TOM'S VEGAN PASTA

1 onion, chopped
12 ounces of brown rice pasta, cooked according to directions
6 ounces of pitted Kalamata olives
8 ounces of tofu (or other protein), cut into small cubes
1 tablespoon olive oil
1 cup peas (or other vegetable)
1/8 teaspoon of sea salt



This is how Tom makes it:

In a large soup pan, heat water to a boil, add pasta and cook per directions. Drain and set aside. Heat olive oil on medium flame in a cast-iron skillet, add chopped onion, sea salt, and saute 2 minutes, cover, and simmer 5 more minutes. Stir onions. Add olives and tofu, cover, simmer 5-10 more minutes (still on medium flame). Check heat at intervals as not to burn and, if necessary, turn flames to low. Add fresh peas, cook on low for 5 more minutes. Add the cooked pasta to the skillet. Toss together for 3-5 minutes over a low flame. Serves 4.

Note: To make this dish wheat-, gluten- or soy- free, use rice pasta. To omit soy, substitute another protein for the tofu, or don't use in this dish.

Enjoy! ~Meg

For more recipes and information on macrobiotics please visit Meg's Website:
www.megwolff.com, and her blog at: www.becoming-whole.com.