

STIR-FRIED WATERCRESS WITH ALMONDS AND GINGER

4 tbsp. slivered almonds

2 tbsp. sesame oil

4 cups chopped watercress

2-in piece finely chopped gingerroot

4 tbsp. miso

4 tbsp. rice vinegar

Heat a work or skillet and dry-fry the almond; set aside. Add the oil to the wok and stir-fry the watercress and ginger 3 minutes. Add the miso, rice vinegar, and the almonds and stir well. Serve immediately.

From:

Wright, Janet. *The Top 100 Health Tips*.