

Unchicken Strips & Spicy Rice with Cashews

from Sundance Natural Foods

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Unchicken Strips
Makes 4 - 6 servings

1 lb. tofu
3 t. extra virgin olive oil
3 t. tamari
2 t. red wine vinegar
4 t. granulated garlic
4 t. onion powder
6 t. nutritional yeast flakes

Preheat oven to 375°.
Slice tofu into four equal sized slabs. Cut each slab into four equal strips. Lay flat on a lightly oiled baking sheet pan.

Combine the next three ingredients to make the marinade. Pour over the tofu strips.

Combine the last three ingredients to make the spice mix. Divide the spice mix into two equal amounts, setting one half aside.

Sprinkle the remaining half of the spice mix over the marinated tofu strips.



Bake in the pre-heated oven for 20 minutes. Remove from oven and carefully flip the tofu strips. Sprinkle the reserved half of the spice mix evenly over the tofu strips. Return tofu to oven and bake 20 to 30 minutes more, until golden brown.

Serve hot with all of your favorite side dishes.

Spicy Rice with Cashews
Makes 4 - 6 servings

4 C. filtered water
2 C. brown basmati rice
1 1/2 T. curry powder
1 1/2 t. cinnamon
1 1/2 t. ground coriander
1 1/2 t. sea salt
1/2 t. ground cloves
1/2 t. black pepper
1 1/4 C. cashews
3/4 C. frozen peas, thawed
1/3 C. chopped fresh parsley
1/4 C. sliced green onions
1/4 C. currants
1/4 C. toasted sesame oil
1 T. minced garlic

Preheat oven to 350°.
In a large saucepan, combine the water, rice, spices, sea salt and black pepper and place over high heat. Bring to a boil. Cover, reduce heat, and simmer for 20 to 25 minutes or until all of the water is absorbed.

Remove saucepan from the heat, leave covered, and set aside for 10 minutes to allow the rice to steam.

Meanwhile, place the cashews in a pie pan. Bake at 350° for 4 to 6 minutes or until golden brown and fragrant. Remove cashews from the oven and set aside to cool. After the rice is done steaming, transfer it to a large bowl. Add the toasted cashews and the remaining ingredients and toss well to combine. Serve hot or cold.



vegetarian specialties. Gourmet burgers including Garden burgers and buffalo burgers. Salads and homemade soups. NW micros and full bar. Outdoor deck. Dinner specials daily. Minors welcomed until 3 pm. Wheelchair accessible. Breakfast begins 7:30 am M-F, 9 am Sa-Su. Extended breakfast hours Sa and Su. Food served until last call. MC/V/AE/D. \$.

SIP 'N' SURF CYBERCAFE
In Atrium Bldg., 10th and Olive. 343-9607. Full City coffee, pastries from Palace Bakery, Monster Cookies, and lunch special M-F. Computer terminals with Internet access available: First 15 minutes free with any menu purchase of \$1 or more. New Wi-Fi available. Some OG. Wheelchair accessible. 7:30 am-6 pm M-F, 12 pm-5 pm Sa. No cards. \$.

STUDIO ONE CAFE
1473 E. 19th St. 342-8596. Serving breakfast all day and lunch at 11 am: Pastas, seafood, vegetarian and vegan entrees. Four kinds of eggs Benedict, challah bread French toast and build-your-own omelettes. Specialty salads, two homemade soups, ahi sandwiches and daily specials. Outdoor seating. Some OG/LG. Wheelchair accessible. 7 am-3 pm daily. MC/V/AE/D. \$.

★ **Best Sunday Brunch**

TERESE'S PLACE
650 Main St., Springfield. 747-1897. Serving breakfast, lunch: Omelettes, sandwiches, vegetarian entrees, 4 soups daily, salads, espresso. Table service for breakfast; order lunch at counter, servers bring. Take-out. Catering. 7 am-4 pm M-F. V/MC. \$.

WILD THYME CAFE
995 Pearl St. 334-1783. Serving breakfast, lunch and dinner items. Hot and deli sandwiches on freshly baked baguettes, cheese ravioli with homemade pesto, salads, homemade soups, pan-fried chicken and catfish. Vegetarian specials everyday. Homemade desserts. Some OG/LG. Wheelchair accessible. 10 am-4 pm M-F, 10 am-4 pm Sa, 10 am-2 pm Su. MC/V. \$-\$\$.

Chinese

CAFE SEOUL
See Korean

CHINA BLUE
879 E. 13th Ave. 343-2832. Serving lunch, dinner, Sunday Dim Sum Brunch: Northern Chinese, Indonesian; individually prepared dishes. Wine, beer. Reservations for larger parties. Catering for businesses. Take-out. 11 am-9:30 pm M-F, 4 pm-9:30 pm Sa, noon-9:30 pm Su. MC/V. \$-\$\$.

CHINA DELIGHT
453 Willamette St. 345-3239. Fax: 345-2713.

Serving lunch, dinner: Mandarin, Cantonese, Szechwan, American; chef's special chow yuk, Buddha's delight, General Tso's chicken, vegetarian entrees. Wine, beer. Reservations for larger parties. Pony Express delivery, call 485-2090. Take-out. Banquet room available. LG. 11 am-9 pm M-Th, 11 am-9:30 pm F, noon-9:30 pm Sa. All major cards. \$.

CHINA SUN
2130 W. 11th Ave. 302-9667. Serving lunch and dinner, seafood specials, buffet. Some OG/LG. Wheelchair accessible. 11 am-9 pm daily. MC/V/AE/D. \$.

★ **Best Buffet**

FAR MAN RESTAURANT
3111 Gateway Blvd., Springfield. 726-7311. Serving lunch, dinner: Buffet and full menu; Cantonese, Mandarin, Szechwan, American; vegetarian entrees. Wine, beer, full bar. Reservations on weekends for larger parties. Take-out. Wheelchair accessible. 11:30 am-10 pm M-Th, 11:30 am-11 pm F, noon-11 pm Sa, noon-10 pm Su. MC/V. \$-\$\$.

FORTUNE INN
1775 W. Sixth St. 342-2616. Serving lunch, dinner: Fresh specials every day, traditional Chinese stir fries, fresh Chinese vegetables and tofu and vegetarian entrees. Wide variety Oregon wines, beer (domestic and imported). Reservations for 10+. Take-out. 11 am-9:30 pm Tu-Th, 11 am-10 pm F, noon-10 pm Sa, noon-9:30 pm Su. MC/V/D. \$-\$\$.

GATEWAY CHINESE BUFFET
3198 Gateway St., Springfield. 726-2828. Lunch, dinner: Chinese buffet with 40 plus hot items: BBQ pork, fried shrimp, pot stickers, teriyaki chicken, salad bar, dessert. Banquet room. Take-out. Children's prices, senior discounts available. LG. Wheelchair accessible. 11 am-10 pm Su-Th, 11 am-10:30 pm F & Sa. All major cards. \$-\$\$.

GOLDEN CHINA BUFFET
1525 Franklin Blvd. 343-2828. All-you-can-eat lunch and dinner buffet with a good selection of Mandarin and Szechwan dishes. Chicken, pork, seafood, beef, fruit bar. Take-out menu also available. \$3.50/lb. for lunch, \$4.50/lb. for dinner. Drinks and ice cream included in dine-in buffet. Wheelchair accessible. 11:30 am-9 pm daily. MC/V/D. \$-\$\$.

GOLDEN ORIENT
2513 W. 11th Ave. 683-5469. Serving lunch, dinner: Chinese, American; fresh vegetables, no MSG. Wine, beer. Reservations for larger parties. Take-out. LG. Wheelchair accessible. 11 am-9:30 pm M-Th, 11 am-10:30 pm F,

noon-9:30 pm Sa, closed Su. MC/V/AE. \$-\$\$.

GREAT WALL RESTAURANT
862 Main St., Springfield. 726-9133. Serving lunch, dinner: Cantonese, Szechwan, American; vegetarian dishes; no MSG on request; lunch specials daily. Wine, beer, cocktails. Take-out. 11 am-9:30 M-F, 3:10 pm Sa & Su. MC/V. \$-\$\$.

HONG KONG RESTAURANT
1799 Willamette St. 342-7450.

Serving lunch, dinner: Cantonese, American; sandwiches; vegetarian entrees. Wine, beer. Reservations for parties. Take-out. Some OG/LG. 11 am-9:30 pm M-Th, 11 am-10:30 pm F, 4-10:30 pm Sa. MC/V. \$-\$\$.

HOUSE OF CHEN
1861 Franklin Blvd. 343-8888. Serving lunch, dinner: Elegant dining. Szechwan, Mandarin, Cantonese; seafood, chicken, duck, pork, beef, vegetarian entrees. Wine, beer, cocktails. Reservations for larger parties. Take-out. No checks. Some OG/LG. 11 am-10 pm daily. All major cards. \$-\$\$.

HOUSE OF NOODLE
See Southeast Asian

JADE PALACE
906 W. 7th Ave. 344-9523. Serving lunch, dinner: Cantonese, Szechwan; stir-fry cooking using vegetable oil, no MSG; daily vegetarian menu; Thursday night vegetarian buffet; Friday night seafood buffet, lunch and dinner buffet available. Wine, beer. Outdoor waterfall, garden dining. Take-out. 11 am-9 pm Tu-Th, 11 am-9:30 pm F, 5 pm-9:30 pm Sa, noon-9 pm Su. MC/V/D. \$-\$\$.

KAM LOON RESTAURANT
2674 Roosevelt Blvd. 689-4770. Serving lunch, dinner: Cantonese, vegetarian entrees, no MSG on request. Wine, beer. Reservations for larger parties. Delivery. Take-out. LG. 11 am-9:30 pm M-Th, 11 am-10 pm F, noon-10 pm Sa. MC/V. \$-\$\$.

KOWLOON RESTAURANT
2222 MLK Blvd. 343-4734. Serving lunch, dinner: Special chow yuk, family dinners, vegetarian entrees. Wine, beer, microbrews, full bar. Delivery. Take-out. Some LG. Wheelchair accessible. Dining room 11:30 am-midnight, daily. Delivery 11:30 am-midnight Su-Th, 11:30 am-2 am F-Sa. MC/V/AE/D. \$-\$\$-\$\$\$.

★ **Best Take-out, Third Place**

LOK YAUN
2360 W. 11th Ave. 345-7448. Serving lunch, dinner: Cantonese, chicken, beef, teriyaki steak, shrimp, vegetarian dishes; no MSG on request. Wine, beer. Take-out. 11 am-10 pm M-Th, 11 am-11 pm F,

noon-11 pm Sa, noon-10 pm Su. MC/V. \$-\$\$.

LOTUS GARDEN VEGETARIAN RESTAURANT
See Vegetarian

LOUIE'S VILLAGE
947 Franklin Blvd. 343-4480. Serving lunch, dinner: Authentic Chinese cuisine. All fresh ingredients. Take-out. 11 am-10:30 pm M-Th, 11 am-11 pm F, noon-11 pm Sa, 11:30-10 pm Su. \$-\$\$.

MAPLE GARDEN
1275 Alder St. 683-8128. Serving lunch, dinner: Mandarin, Szechwan, Cantonese: Lunch menu changes daily; Mandarin chicken, shrimp chow fun, variety of Chinese meals. Reservations for large groups. Take-out. 11 am-10 pm M-Th, 11 am-11 pm F, 11 am-10 pm Sa-Su. MC/V/AE/D. \$.

★ **Best Chinese, Third Place**

OCEAN SKY
1601 Chambers St. 342-4848. Serving lunch, dinner: Szechwan, Hunan; extensive menu; vegetarian entrees. Wine, beer. Reservations for 6+. Take-out. 11 am-9:30 pm M-Th (closed Tu), 11 am-10:30 pm F, noon-10:30 pm Sa, noon-9:30 pm Su. MC/V/D. \$-\$\$.

★ **Best Chinese, Second Place**

QUAN'S ORIENTAL RESTAURANT
94 West Broadway. 683-3388. Serving lunch and dinner: Cantonese, Szechuan, Hunan and Mandarin specialties, including vegetarian entrees. Eugene's healthiest authentic Chinese cuisine. Canola oil only for cooking and no added MSG. Beer and wine. Banquet facilities available. Reservations for parties of more than 8. Take-out. 11 am-9:30 pm M-Th, 11 am-10 pm F, 11:30 am-10 pm Sa-Su. V/MC/DC, no personal checks. \$.

SHANGHAI RESTAURANT
1950 B. Echo Hollow Rd. 344-6028. Serving lunch, dinner: Mandarin, Szechwan, vegetarian entrees. Wine, beer. Reservations for larger parties. Take-out. 11:30 am-9 pm M-Th, 11:30 am-10 pm F, noon-10 pm Sa, noon-9 pm Su. MC/V. \$.

SPRING GARDEN
215 Main St., Springfield. 747-0338. Serving lunch, dinner: Cantonese, Mandarin, American; vegetarian entrees. Service bar. Reservations for 8+. Separate smoking room. Take-out. Some OG. Wheelchair accessible. 11:30 am-10:30 pm M-Th, 11:30 am-11 pm F, 4-11 pm Sa, noon-10:30 pm Su. MC/V/AE. \$-\$\$.

TOM'S TEA HOUSE
788 W. 7th Ave. 343-8805. Chinese Hunan-Szechwan cooking. Everything made from scratch. Hot and

spicy. Vegetarian entrees. Dim Sum. Beer. Take-out. 4:30-8 pm W-Su. \$.

TWIN DRAGONS
919 River Rd. 688-5481. Serving lunch, dinner: Cantonese, Szechwan, Chinese, American; vegetarian entrees, salads. Reservations for 8+. Take-out. 11 am-9:30 pm Tu-Th, 11 am-10:30 pm F, noon-10:30 pm Sa, noon-9:30 pm Su. MC/V. \$-\$\$.

YAN GAR YUEN
1945 River Rd. 688-9229. Serving lunch, dinner: Mandarin, Cantonese. Delivery. Smoking area. Take-out. 11 am-10:30 pm, daily. MC/V. \$-\$\$.

Coffeehouses

ALLANN BROS. BEANERY COFFEEHOUSE

152 W. Fifth Ave. 342-3378. 2465 Hillyard St. 344-0221. Allann Bros. coffee and espresso drinks, iced coolers, pastries, fresh deli and panini sandwiches, whole bean coffees, and loose leaf teas. Eat in or take-out. Wheelchair accessible. Fifth St. hours: 6 am-11 pm M-Sa, 7 am-11 pm Su. Hillyard hours: 6 am-9 pm M-Th, 6 am-10 pm F-Sa, 7 am-9 pm Su. MC/V/D. \$.

★ **Best Coffee, Third Place**

BARRY'S ESPRESSO BAKERY & DELI
2805 Oak St. 343-6444. 804 E. 12th Ave. 343-1141. Serving great New York-style pastries, rolls, bialys, knish and quiche, etc. Sandwiches on our bread, soups and Torrefazione coffees. Take-out. Wheelchair accessible. Oak St. hours: 6:30 am-7 pm M-F, 6:30 am-6 pm Sa, 7:30 am-5 pm Su. Campus hours: 6:30 am-7 pm M-F, 8 am-5 pm Sa. Some cards. \$.

★ **Best Deli, Third Place**

CAFE PARADISO
115 W. Broadway. 484-9933. cafeparadiso.com. Gourmet coffee, espresso. Light breakfast menu: Delicious soups, salads, sandwiches, desserts and baked treats. Full bar, microbrews, wines, wireless internet access. All ages. Outdoor seating available. Take-out. Some OG/LG. Wheelchair accessible. 8:30 am-11 pm M-Th, 8:30 am-12 am F, 10 am-midnight Sa, 10 am-5 pm Su. MC/V. \$.

ESPRESSO ROMA
825 E. 13th Ave. 484-0878. Muffins, croissants, espresso. Take-out. 6 am-9:30 pm M-F, 7 am-8:30 pm Sa-Su. No cards. \$.

FULL CITY COFFEE ROASTERS
295 East 13th Ave. 465-9270. 842 Pearl St. 344-0475.

Coffeehouse for adults. Premium coffees by the cup and pound. Some OG/LG. Wheelchair accessible. Pearl St.: 5:30 am-6 pm M-F, 6:30 am-6 pm Sa, 7 am-5 pm Su. 13th Ave.: 6 am-6 pm M-Th, 6 am-6 pm F, 7 am-6 pm Sa, 7 am-5 pm Su. Some cards. \$.

★ **Best Coffee**

JAMOCHA'S ESPRESSO CAFE
1840 Chambers St. 345-3407. Featuring organic Café Mam coffee, fresh pastries, granitas, desserts, hot and cold drinks. Drive-through service, indoor and outdoor seating. 6 am-7 pm M-F, 7 am-7 pm Sa & Su. All major cards. \$.

LIQUID BEAN ESPRESSO & BAKERY
995 Tyin #1. 334-5131. Serving lunch: Espresso drinks, seven kinds of quiche, sandwiches, soup, vegetarian entrees. Take-out. 5 am-5 pm M-F, 9 am-2 pm Sa. \$.

NEW ODYSSEY JUICE & JAVA
1004 Willamette St. 484-7411. Serving breakfast and lunch: Fresh, made-to-order smoothies, twice-baked potatoes, soups, salads, sandwiches, quiche, summer menu with raw food entrees. Cafe Mam espresso, all organic coffees and juices. Fresh wheatgrass shots. Take out. Some OG/LG. Wheelchair accessible. 7:30 am-6 pm M-F, 9 am-5 pm Sa, 10-5 pm Su. All major cards. \$.

PERUGINO
767 Willamette. 687-9102. A genuine Italian coffeehouse serving espresso drinks and European pastries. Plus a wine and beer bar specializing in Mediterranean wines and ports and European beers, set against the background of an Italian ceramics gallery. Some OG/LG. Wheelchair accessible. 7 am-10 pm M-Th, 7 am-11 pm F & Sa, 9:30 am-10 pm Su. All major cards. \$.

SERRANO'S ESPRESSO & COFFEE
1591 Willamette St. 485-4181. A friendly coffee shop serving great house coffee, espresso, smoothies, Prince Puckler's ice cream, whole bean coffee and loose leaf tea. Located inside Triomphe Midtown next to Bistro and Patisserie. Enjoy outdoor seating or our newly remodeled indoor seating area. 7 am-6 pm M-Sa, 8 am-2 pm Su. All major cards. \$.

THEO'S COFFEEHOUSE AT THE STRAND
199 W. 8th Ave. 344-6491. Serving Full City coffee and espresso, pastries, chocolates. 6 am-9 pm M-F, 9 am-9 pm Sa. V/MC/D. \$.

U LOUNGE CAFE
121 Commons Dr. 988-1978. A warm, classy coffee lounge with free wireless Internet and international flavors. Fully stocked espresso bar, specialty shakes, bakery bites, and scrumptious desserts. Bring a book, relax on a leather couch, listen to smooth music or socialize with friends. Outside patio, flat screen TVs, entertainment. Home away from home hospitality providing travel tips, planning and guided trips. 7 am-9 pm daily. MC/V. \$.

Continental

ADAM'S PLACE
30 E. Broadway. 344-6948. adamsplacerestaurant.com. Fresh grilled seafood, meat and poultry, creative salads, vegetarian entrees, daily specials. Northwest, European and Asian influences. Seasonal menu changes featuring local and organic ingredients. Full bar including wine (Wine Spectator Award of Excellence), extensive martini list and the 2nd largest single malt scotch list in Oregon. Outdoor seating available. Banquet facilities also available. OG/LG. Wheelchair accessible. Mahogany Room open 4 pm Tu-Sa serving drinks and hors d'oeuvres. Dinner 5-10 pm Tu-Sa, 5-1 am F-Sa. Reservations recommended. MC/V/AE. \$-\$\$\$\$.

★ **Best Northwest, Third Place**
★ **Best Middle Eastern, Third Place (tie)**

BLOOMING BRANCH BISTRO & EUROPEAN MARKET
49 W. 29th Ave. 686-9201, fax 349-1441. Start your day with organic muesli, baked french toast with bananas and whipped cream, skillet breakfast or an omelet. Breakfast served 7 days a week from 6:30 am to 3 pm. Over 15 salads served daily for lunch from 11 am to 3 pm including salmon caesar, tuna nicoise, chicken curry and waldorf. Entrees include Greek plate with grilled chicken, gourmet sandwiches & hamburgers. Market includes select wine & beer, European sausages, cheese, gourmet ingredients & candies. Domestic & European coffee and teas. Locally owned & operated. Some OG/LG. Wheelchair accessible. 6:30 am-3pm daily. MC/V. \$-\$\$.

CAFE SHEILAGH
616 E. Main St. Cottage Grove. (541) 942-5510.

Formerly Sheilagh's Gourmet of downtown Eugene (Oregon Country Fair & Saturday Market), Cafe Sheilagh in Cottage Grove serves gourmet breakfast, lunch and dinner; organic coffee and espresso; fine wine and beer. Wheelchair accessible. 9:30 am-3 pm Tu, 8 am-4 pm Wed, 8 am-8 pm Th-Sa, 8 am-4 pm (Brunch), 4 pm-7 pm (Dinner) Su. MC/V/DC. \$-\$\$-\$\$\$.

CHANTERELLE
207 E. Fifth Ave. (Fifth St. Pearl Bldg.). 484-4065. Serving dinner: Seafood, abalone in season, veal, lamb, beef, poultry and wild game. Wine, beer, full bar. Reservations. Intimate dining, seating 48. Full service bar from 5 pm. Some OG/LG. Wheelchair accessible. 5-10 pm Tu-Sa. MC/V/AE/DC. \$\$\$-\$\$\$\$.

LUNA
See Mediterranean

PACIFIC GRILL
205 Coburg Rd. (in Red Lion Hotel). 342-5201. Full service restaurant serving continental and American cuisine. LG. Wheelchair accessible. 6 am-2 pm & 5 pm-9 pm M-Th, 6 am-10 pm F-Su. Misty's Lounge open daily. All cards. \$-\$\$.

WILLIE'S ON 7TH STREET
388 W. 7th Ave. 485-0601. Serving dinner: Seafood, veal, beef, chicken, lamb, pastas, vegetarian entrees, desserts. Domestic and imported wines, beer, full bar. Take-out. Wheelchair accessible. Dinner 5-9 pm M-Th, 5-10 pm F-Sa. All cards. \$\$\$-\$\$\$\$.

Delis

BARRY'S ESPRESSO BAKERY & DELI
See Coffeehouses

BROADWAY MARKET
See American

CITYVIEW DELI
45 E. 8th Ave. 242-3536. Offering a relaxing ambiance, with sandwiches made on fresh baguettes. Also panini, homemade soups and pastries. Beignets made to order. Wheelchair accessible. 8 am-3 pm M-F, 8 am-3 pm Sa. MC/V/AE. \$.

CONTINENTAL DELICATESSEN
1133 Willamette St. 344-7002. Serving breakfast, lunch: Continental breakfast: Scones, breakfast burritos, omelettes, bagels. Lunch: Variety deli and specialty sandwiches, fresh soups and chowders, chili, salads, vegetarian dishes. Fresh-baked bread and pastries. Espresso drinks. Free ice cream with lunch. Neighborhood delivery. Take-out. 7:30 am-5 pm M-F. No cards. \$.

CORNUCOPIA
See Cafes

DAILY BAGEL
4770 Village Plaza Loop. 431-5700.