

**BAKER BUTCHER**  
296 E. 5th Ave. Suite 201.  
686-9199. [bakerbutcher.com](#)

**BLIND PIG**  
See American

**CAFÉ 440**  
440 Coburg Road. 505-8493.  
[cafe440eugene.com](#)  
Serving lunch, dinner: “Northwest comfort food w/a little attitude.” Salads, sandwiches, Knee Deep Farms all-natural burgers w/regular or sweet potato fries, salmon fish & chips, fried chicken, mac & cheese & more. Full bar, local beer on tap, wine. Outdoor seating. Some OG/LG. 11am-10pm M-Sa. MC/V. \$-\$\$\$\$.

**CAFÉ YUMM**  
The Meridian, 1801 Willamette St. 686-YUMM. Oakway Center, 130 Oakway Center. 465-YUMM. On Broadway, 730 E. Broadway. 344-YUMM. North Delta Center, 1005 Green Acres Rd. 684-YUMM. The Crossroads, 3340 Gateway Rd., Spfd. 747-YUMM. Sacret Heart at RiverBend, 3333 RiverBend Dr., Spfd. 736-YUMM. Breakfast, lunch & dinner: “Soul satisfying ... Deeply nourishing!” Yumml! Bowls®, soup, chicken, turkey, organic, salads, Yumml! Wrappits, sandwiches, salmon burgers. Savory sauces & dressings. Extensive vegan, vegetarian ingredients. Wine, beer, juice, coffee & tea. Take-out. Event catering. Some OG/LG. Wheelchair accessible. Recipient of the LEED Gold Standard for retail (the first in Oregon!). The Meridian, Oakway Center: 10am-8pm M-Sa, 11am-6pm Su. North Delta Center: 10am-8pm M-Sat, 11am-7pm Su. On Broadway: 10am-9pm daily. The Crossroads: 10am-9pm M-Sa, 10am-8pm Su. RiverBend: 10am-10pm M-F, 11am-3pm Sa-Su. MC/V. \$.

★ **BEST FOOD UNDER \$6, BEST VEGETARIAN/VEGAN (2ND)**

**CHEF BECKY**  
510-0326. [chefbecky.com](#)  
Delivering dinner. Customized, gourmet meals, delivered by personal chef Becky. Prepared from scratch, just for you, using top quality ingredients. Organic meals available. Sample menus available online. Some OG. No cards. \$\$\$\$.

**DAVIS RESTAURANT & BAR**  
94 W. Broadway. 485-1124.  
Seasonal cuisine in a comfortable, elegant downtown space. Sandwiches, salads, dinner specials, burgers, specialty cocktails, house desserts & more. Full & half orders of nearly all dishes. All major cards. \$-\$\$\$.

**EUGENE WINE CELLARS**  
255 Madison St. 342-2600.  
Whiteaker tasting room in Eugene's first urban winery, serving our wines, custom crush wines, local & domestic beers, meat/cheese plates. 4-8pm W-Sa or by appt.

**GLENWOOD RESTAURANTS, INC.**  
See Cafés

**GRIT KITCHEN**  
1080 W. 3rd Ave. [gritkitchen.com](#)  
Seasonal, local, delicious food, sourced w/integrity & served w/love. Regional wines & local brews. 5-10pm Tu-Th, 5-11pm Sa-Su. V/MC. \$\$\$.

**HEIDI TUNNELL CATERING CO.**  
182 S 2nd St., Creswell.  
895-5885. [heiditunnelcatering.com](#)  
Catering company specializing in the use of local ingredients. Available for both on- & off-site catering. Open to the public every Tuesday, 10am-6pm (Lunch 11am-2pm, wood-fired dinner starting at 4pm — summer months) & every Thursday for family style meal starting at 6:30pm. Check, major cards. \$\$-\$\$\$\$.

**HOLY COW RESTAURANT**  
2621 Willamette St. 852-4659  
[holycowcafe.com](#)

All organic, flexitarian menu from around the world, Vedic Indian cuisine, Middle Eastern, South American including arroz con pollo, salads, soups, specialty dishes featuring fish tacos w/locally caught fish, Veggie Volcano, Magic Island & more, coffee, chai, local organic beers & Kombucha on tap, organic wines, homemade Conscious Confections baked good, gluten-free & kid-friendly options available. 11am-10pm daily. All major cards. \$

**KING ESTATE RESTAURANT & WINE BAR**  
80854 Territorial Rd. 685-5189.  
[kingestate.com](#)  
Serving lunch & dinner, w/wine tastings & tours daily. Pizzettas, seafood, salads, Knee Deep Ranch beef & more Northwest specialties. Reservations recommended. 11am-9pm daily. \$-\$\$\$\$.

★ **BEST WINE TASTINGS (2ND)**

**LAVELLE VINEYARDS**  
400 International Way, Spfd.  
[lavellevineyards.com](#)  
Reopening at International Way on July 1. Serving appetizers, entrées & nightly specials W-F after 5pm. A satellite location of the family-owned vineyard in Elmira. Wine tasting every day until 5pm. Live music Th & F, 6pm-9pm. Some OG/LG. Noon-6pm Sa-Tu, 3pm-9pm W-F. MC/V. \$-\$\$\$\$.

**MAC'S RESTAURANT & NIGHTCLUB**  
1626 Willamette St. 344-8600.  
“Eugene’s Home of the Blues,” located in the historic Veterans Building on Willamette. Live music every night open. Tuesday Rooster’s Blues Jam along w/total domination Tuesdays! Wednesdays Wine, Jazz & Variety; Thursday, Friday & Saturday dance to the very best local, regional & national bands. Delicious Northwest cuisine & creative & classic cocktails in a very casual, comfortable atmosphere. LP. Tu-Sa starting at 4pm. Checks, MC/V/AE/D. \$.

**MARCHE & LE BAR**  
296 E. 5th Ave. (5th St. Market). 342-3612.  
Serving breakfast, lunch, dinner, weekend brunch, elegant dining room menu or casual bar menu & cocktails feat. local, organic, seasonal ingredients w/French flair, menus change w/seasons, wood-fired oven, exhibition kitchen, catering, vegetarian options, wine, beer, full bar, patio seating, reservations. 8:30am-12am M-Sa, 8am-12am Su. All major cards. \$\$\$-\$\$\$\$.

★ **BEST RESTAURANT (2ND)**

**MARCHE MUSEUM CAFÉ**  
Jordan Schnitzer Museum of Art, UO. 346-6440.  
Seasonally changing menu, breakfast pastries, granola, soup, panini, sandwiches, salads, desserts, wine by the glass, beer, take-out, box lunches & catering available. 8:30am-4pm Tu, Th & F, 8:30am-7pm W, 11am-4pm Sa-Su. All major cards. \$.

**PARTY DOWNTOWN**  
55 W Broadway, 345-8228.  
★ **BEST NEW RESTAURANT, BEST NEW BUSINESS (3RD)**

**RENNIE’S LANDING**  
1214 Kincaid St. 687-0600.  
Across from UO. Serving breakfast, lunch, dinner: Chicken, fish, pasta & vegetarian specialties. Buffalo, free range & Gardenburgers. Salads & homemade soups. NW micros & full bar. Two outdoor decks. Daily specials & happy hour. Minors welcome until 3pm. Wheelchair accessible. Breakfast begins 7:30am M-F, 9am Sa-Su. Extended breakfast hours Sa & Su. Food served until last call. MC/V/AE/D. \$.

**OAK STREET SPEAKEASY**  
915 Oak St. 284-4000.  
[oakstreetspeakeasy.com](#)  
Upscale, artisanal bar menu, using as much local, organicoifood as possible. Naturally raised local meats, vegetarian, vegan, dairy-free & gluten-free options. No deep-fried food. All menu items under \$9. Full menu 8pm-2am. Phone orders welcome. Full bar & amazing specialty drink menu \$5-\$8, wide range of local microbrews. 21 & up. Disabled

access w/elevator. Free wi-fi. 8pm-2:30am Tu-Sa. Some CO, V, LP. V/M/AE. \$.

**OREGON ELECTRIC STATION**  
27 E. 5th Ave. 485-4444.  
Serving lunch, dinner: Steaks, prime rib, seafood, pasta, vegetarian entrées, salads, desserts. Wine, beer, microbrews, full bar. Reservations. Some OG/LG. Wheelchair accessible. 11:30am-midnight M-F, 4:30pm-midnight Sa-Su. All major cards. \$\$\$\$.

**OUR DAILY BREAD RESTAURANT**  
88170 Territorial Rd., Veneta. 935-4921.  
[ourdailybreadrestaurant.com](#)  
A full Northwest dining experience featuring hand-crafted, regional cuisine, fine local wines & microbrews in a family owned & operated restaurant. Serving breakfast, lunch, dinner & Sunday brunch. Specializing in private parties & hosting special events. Catering available. Some OG/LG. Wheelchair accessible. 7am-3pm M & Tu, 7am-8pm W-Sa, 10am-8pm Su. MC/V/D. \$-\$\$\$\$.

**SIXTH STREET GRILL**  
55 W. 6th Ave. 485-2961.  
An exceptional selection of Northwest cuisine, cocktails, beer & wine served to you in an inviting atmosphere. Daily specials. Breakfast served on Sundays 9am-2pm. Generous portions! Trivia night Thursdays. 9am-9pm Su, 11am-9pm M, 11am-11pm Tu-W, 11am-midnight Th-Sa. All major cards except Diners Cards, \$-\$\$\$\$.

**SKINNER’S GREAT STEAKS, CHOPS & SEAFOOD**  
66 E. 6th Ave. (inside the Hilton). 342-6658.  
Serving breakfast, lunch, dinner: A casual Northwestern steak restaurant featuring certified Angus beef brand, regionally grown pork & lamb & Northwest seafood. Farm-to-Table Sunday brunch 10am-2pm on Sundays. Wheelchair accessible. 6:30am-10pm daily. All cards. \$-\$\$\$\$.

**SWEETWATERS ON THE RIVER**  
Valley River Inn, 1000 Valley River Way. 341-3462. [valleyriverinn.com](#)  
Serving breakfast, lunch, dinner, Champagne Sunday Brunch. Our northwest cuisine combines both local & sustainable ingredients. Those who look for fresh, innovative cuisine & an enthusiasm for Oregon wines will appreciate our unrivaled service. Seasonal menu selections; entrees, salads, soups, desserts. Specialty drinks, wine flights, beer selections; lounge w/full spirits. Reservations recommended for dinner & Sunday brunch. LG. Wheelchair accessible. M-Sa 6:30am-11pm, Su 7:30am-11pm. All cards. \$\$\$-\$\$\$\$.

**WILD DUCK CAFÉ**  
1419 Villard St. 485-3825.  
Featuring full service of Pacific Northwest cuisine using fresh local ingredients from Oregon farms & local natural providers, casual dining feat. classic favorites from the previous Wild Duck, gluten-free options. AE/V/MC. 8am-12am Su-Th, 8am-1:30pm F-Sa. \$.

## Pacific Rim

**HODGEPODGE**  
2190 W. 11th Ave. 484-6300.  
Serving lunch & dinner: good food fast, teriyaki chicken. Catering. Eat in, take-out, drive through. Wheelchair accessible. 11am-10pm daily. MC/V. \$.

**JAIL, THE**  
490 E. Broadway. 343-8700.  
Student-approved BBQ & teriyaki joint. Police officers & fire department frequent this place as well. Huge portions! Wheelchair accessible. 11am-11pm M-Sa. Some cards. \$.

**KONA CAFÉ**  
See Barbecue

**RING OF FIRE & LAVA LOUNGE**  
1099 Chambers St. 344-6475.  
Serving a business lunch menu 11am-4pm M-Sa, Happy Hour 4pm-6pm & dinner seven days a week: A variety of foods found along the Pacific Rim, especially spicy Thai cuisine. Vegetarian entrees available. Lounge features wine, beer,

microbrews & specialty cocktails. Reservations recommended. Catering & take-out. Some OG/LG. Wheelchair accessible. 11am-11pm M-Sa, noon–10pm Su. MC/V. \$.

**RON’S ISLAND GRILL**  
401 W. 3rd. Ave. 344-3324.  
2506 Willakenzie Rd. 342-3006.  
1249 Alder St. 344-1960.  
55 W. 29th Ave. 344-5880.  
Serving lunch & dinner: teriyaki, curry, sweet & sour, spicy plates fresh off the grill. Huli huli chicken & Kalua pork. New huli huli chicken sandwich & wraps coming soon. Wheelchair accessible. W. 3rd: 11am-4pm M-F. Other locations: 11am-9pm daily. MC/V/AE. \$-\$\$.

## Pizza

**CIAO PIZZA**  
3342 Gateway St., Spfd. 505-8487.  
Authentic Italian-style pizzeria w/wood/gas-fired oven. All entrées are cooked in the oven w/fresh ingredients, all made from scratch. Traditional Italian ambiance w/modern bistro-like flair. Vegetarian & vegan dishes. Some OG/LG. 11am-9pm Su-Th, 11am-10pm F-Sa. All major cards. \$.

**COBURG PIZZA COMPANY**  
90999 S. Willamette St., Coburg. 484-6600.  
1710 Centennial Blvd., Spfd. 484-6600.  
[coburgpizza.com](#)  
More than 50 varieties of hand-crafted gourmet pizza recipes incorporating nearly 100 toppings, sauces & cheeses. Imaginative vegetarian, chicken, steak and seafood pizzas as well as classic tastes on a variety of crusts (including gluten-free) in charming Coburg. Gourmet calzones & salads, tramezzini & focaccia sandwiches, large variety of wings. Serving beer & wine. Take-out or dine in. Coburg: 11am-8pm Su-Th, 11am-9pm F-Sa; Spfd: 11am-9pm Su-Th, 11am-10pm F-Sa. MC/V/D. \$-\$\$.

**COZMIC**  
199 W. 8th Ave. 338-9333.  
New omni-organic menu featuring fabulous soup, salads, wrap sandwiches, organic microbrews & fine wine, indulgent desserts. Music, entertainment, meeting & party facilities, community events. Free delivery, dine-in/take-out. OG/LG. 11am-11pm M-Sa, 1pm-11pm Su. MC/V. \$-\$\$.

**FATHOMS**  
790 E. 14th Ave. 344-4471.  
Small, intimate full service bar below Pegasus Pizza. Same great Pegasus menu, big screen TVs, pool, jukebox. 6pm-2am M-Sa. MC/V. \$.

**GRANARY PIZZA CO., THE**  
259 E. 5th Ave. 343-8488.  
Serving dinner: Homestyle Italian cooking, rustic pizzas, seasonal salads. Sustainable focus, eclectic live music venue, cocktails, wine bar. Private party room available. 5pm-close daily. \$-\$\$\$\$.

**IL POMODORO PIZZERIA**  
See Italian

**IZZY’S PIZZA & BUFFET**  
950 Seneca Rd. 349-1212.  
1930 Mohawk Blvd., Spfd. 741-2035.  
[izzypizza.com](#)  
Serving buffet all day daily. Wheelchair accessible. 11am-9pm Su-Th, 11am-10pm F & Sa. Some cards. \$.

**LA PERLA**  
1313 Pearl St. 686-1313.  
Neapolitan-style thin-crust pizza made w/house-made mozzarella & San Marzano tomatoes, Italian desserts & wines. 11:30am-9pm Mo-Sa, 5-9pm Su. \$-\$\$\$\$.

**LITTLE CAESAR’S PIZZA**  
1711 Willamette St., Ste. 304. 343-3330.  
Serving lunch & dinner featuring pizza, bread sticks, chicken wings. 11am-9pm daily. All major cards. \$-\$\$.

**MARCHÉ PROVISIONS**  
See Bakeries

**MANGIANO’S PIZZARIA**  
2915 Row River Rd., Cottage Grove.  
[facebook.com/Mangianos](#)  
Family-owned & operated, Cottage Grove’s largest salad bar. Oregon Lottery & 2 big screen TVs. Dough, sauce & all pastas made fresh daily. Pizza, calzones, spaghetti, lasagna, appetizers & more. 11am-8pm M-Sa. All major cards & travelers’ checks. \$.

**MEZZA LUNA PIZZERIA**  
933 Pearl St. 684-8900.  
2776 Shadow View Dr. 743-2999.  
[mezzalunapizzeria.com](#)  
New York style, hand-thrown pizzas. Specialty salads & great appetizers. Five slice choices available all day. Beer & wine. Wheelchair accessible. 11am-10pm M-Sa, noon-9pm Su. Some cards. \$.

★ **BEST PIZZA**

**PAPA’S PIZZA**  
1700 W. 11th Ave. 485-5555.  
1577 Coburg Rd. 485-5555.  
4011 Main St., Spfd. 485-5555.  
[papaspizza.net](#)  
Family-friendly local pizza joint serving classic pizza favorites & more. Gluten-free crust available. Free delivery. \$-\$\$\$\$.

★ **BEST PLACE TO EAT WITH KIDS (2ND)**

**PEGASUS PIZZA - OAKWAY**  
4 Oakway Cntr. 344-0844. Delivery 485-2090.  
Same Pegasus Pizza as the campus location. Indoor & outdoor seating. Lunch specials. Located at Oakway Center next to Borders. Microbrews on tap. Delivery via Pony Express. 11am-9pm Su-Th, 11am-9pm F-Sa. MC/V. \$-\$\$.

★ **BEST PIZZA (2ND)**

**PEGASUS PIZZA - SOUTH EUGENE**  
2864 Willamette St. 344-9931.  
[pegasuspizza.net](#)  
Same Pegasus Pizza as the campus location. \$-\$\$.

★ **BEST PIZZA (2ND)**

**PEGASUS SMOKEHOUSE PIZZA**  
790 E. 14th Ave. 344-4471.  
Serving lunch, dinner: Specialty pizzas, salads, sandwiches & calzones. Voted #1 Pizza 2003-04. 15 microbrews on tap. Counter service. Full bar, big screen TVs & pool table downstairs. Patio dining. HDTV. Delivery via Pony Express. Weekend lunch specials. Wheelchair accessible. 4pm-10pm M, 11:30am-10pm Tu, 11:30am-11pm W-Fr, 12pm-11pm Sa, 12pm-10pm Su. MC/V. \$-\$\$.

★ **BEST PIZZA (2ND)**

**PI PIZZARIA**  
225 W. Broadway, 953-6344. [pipizzaeugene.com](#)  
Casual, creative atmosphere, logal organic pizza by the slice or the pie, vegan & gluten-free options, soup & salads, frozen pizzas to go, Grateful Dead music. 7pm-midnight W & Th, 8pm-3am F & Sa. All major cards. \$.

**PIZZALDOS**  
937-3844.  
A mobile wood fired pizza oven for events, occasions, markets, parties & weddings. \$.

**PIZZA PIPELINE**  
824 Charnelton St. 868-5808.  
932 NW Kings Blvd., Corvallis. 757-3333.  
[pizzapipeline.com](#)

**PIZZA RESEARCH INSTITUTE**  
325 Blair Blvd. 343-1307.  
Northwest artisan pizza. Unique toppings, specialty sauces, herbed dough made daily. Sumptuous vegetarian & vegan food. Daily soups, amazing pizza combinations, specialty salads. Organic microbrews & wine. Take-out. Some OG/LG. 4:30pm-9:30pm daily. All major cards. \$-\$\$\$\$.

★ **BEST PIZZA (3RD)**

**ROARING RAPIDS PIZZA COMPANY**  
4006 Franklin Blvd. 988-9819.  
[rapidpizza.net](#)  
Spectacular riverfront setting, serving lunch & dinner: Soups, salads, sandwiches, original recipe pizza made from scratch, vegetarian entrées. Wine, microbrew. Classic carousel rides. Free delivery. Excellent group facilities. Next to Camp Putt. LG. 11am-10pm daily. MC/V. \$-\$\$.

**SIZZLE PIE**  
910 Willamette St. 683-7437.  
[sizzlepie.com](#)  
Classic and eclectic hand-thrown pizza by the slice & whole pie. 9 slice-pies everyday: 3 vegan, 3 veggie & 3 omnivore options. Plus fresh salads, craft cocktails, 35 beers, wine and gluten-free crusts. Dine-in, pick-up or delivery (after 6pm daily). 11am-3am Su-Th, 11am-4am F-Sa. All major cards. \$.

**SY’S NEW YORK PIZZA**  
1211 Alder St. 686-9598.  
55 Silver Lane. 654-0603.  
[sysnewyorkpizza.com](#)  
Serving lunch, dinner. Thin crust Neapolitan & deep dish Sicilian pizza whole or by the slice, garlic knots, Italian ice (lemon, strawberry, cherry). Dine in or take-out. No delivery. North Eugene location now open. Alder Street: 11am-midnight Su-Th, 11am-1am F & Sa. Silver Lane: 11am-10pm daily. All major cards. \$-\$\$.

**TRACK TOWN PIZZA**  
1809 Franklin Blvd. 284-8484.  
2620 River Rd. 484-1912.  
Serving lunch & dinner. Free delivery. Traditional to gourmet pizzas. Student specials. At Franklin: Lunch buffet 11am-2pm M-F, salad, wine, beer, microbrew, TV. Come try the honey wheat dough & rice cheese. LG. Franklin: 11am-midnight Su-Th, 11am-1am F-Sa. River Rd.: 11am-9:30pm M-Th, 11am-10:30pm F-Sa, noon-9:30pm Su. Some cards. \$.

**WHIRLED PIES**  
1123 Monroe St. 636-3737.  
[whirledpies@gmail.com](#)  
Artisan thin-crust pizzas, local/organic salads, Stromboli, calzones, cheese bread, local meats, house-roasted chicken, sausage, garlic & onion, serving local beer on draught, wine by the glass, bottled wine & beer to go, happy hour 3-6pm daily. 11am-10pm daily. V/MC/D. \$.

## Seafood

**ALDER ST. FISH CO.**  
1239 Alder St. 654-5109.  
11am-8pm M-F. MC/V. \$-\$\$.

**FISHERMAN’S MARKET**  
830 W. 7th Ave. 484-CRAB.  
Specializing in fish & chips, seafood entrées, soups, fresh fish & you-bake entrées. Microbrews, wine. Dine in or take-out. Some OG. Wheelchair accessible. 11am-8pm daily. MC/V/AE. \$-\$\$.

**MCGRATH’S FISH HOUSE**  
1036 Valley River Way. 342-6404.  
Serving lunch, dinner: Daily fresh seafood listing, wood-fired seafood, seafood specials, vegetarian entrées, salads. NW, California wines; beer, microbrews, full bar. Call ahead up to two hours for priority seating list. Some OG. Wheelchair accessible. 11am-10pm M-Su. All major cards. \$-\$\$\$\$.

**NEWMAN’S FISH COMPANY**  
1545 Willamette St. 344-2371.  
Fish & chips to go: Halibut, cod, salmon, shrimp, scallops, chowder, chips, slaw & daily specials. Fresh fish daily since 1890. Counter service, outdoor seating & take-out. 11am-7pm M-F, 11am-6:30pm Sa. MC/V. \$.

**NEWMAN’S FISH GROTTO**  
485 Coburg Road. 485-9292.  
Fish & chips to go: Halibut, cod, salmon, shrimp, scallops, chowder, chips, slaw & daily specials. Grotto features an expanded menu including grilled specialties & sandwiches. Fresh fish daily since

# Singapore Noodles

FROM TRUVEG

Crystal DuBoyce and her husband Brian Igarta opened up TruVeg inside the Eugene YMCA just three months ago. They are both from the island of Maui, Hawaii, where they met. As Hawaii is a melting pot of cultures, so is the couple. Igarta is of Portuguese, Puerto Rican, Hawaiian, Chinese and Filipino descent and DuBoyce is of Korean, Japanese, French and Irish descent. Igarta has worked professionally in Hawaii’s resort kitchens all of his adult life. While you will find many flavors and influences from around the world in his food at TruVeg, what you won’t find is dairy or other animal products.

The couple has been eating vegan for 12 years, and their 12-year-old daughter is a lifelong vegan. “When we became vegan in Hawaii, our friends and family would ask us, ‘What do you eat besides salads?’” DuBoyce says. They responded by creating a simple vegan cookbook. But they wanted to expand their reach, and eventually relocated to Douglas County, where they had a vegan food cart. “Eugene is more vegan friendly,” DuBoyce says. “We’ve been to a lot of restaurants throughout our travels and it’s only been a couple of years that we’ve seen the food we like to eat, which is really clean food.”

The couple chose this recipe for Singapore Noodles, made with mung bean noodles, sautéed vegetables and tofu in a mild-seasoned curry spice blend, because it is delicious and easy. “Anyone can make this,” DuBoyce says. The menu at TruVeg highlights two sizes of bowls featuring noodles and rice; nachos with beans and chipotle garlic cashew sauce; Korean Bi Bim

Bap and even raw food options such as raw burger, taco and pizza. Lots of juices and smoothies will quench your thirst while snacks and desserts will leave you feeling satisfied and healthy.

Makes 8 servings

16 oz. package dried mung bean noodles  
1 large carrot, peeled and julienned  
1 medium onion, sliced  
1 cup white mushrooms, sliced  
1 cup spinach  
3 green onions, chopped  
1/4 cup wheat-free tamari  
1 tbsp Frontier organic curry seasoning or your favorite curry spice blend  
2 tbsp cooking oil

In a large pot, bring two quarts of water to a boil. Drop noodles into the boiling water, turn off heat and remove from stove. Allow the noodles to soak for several minutes then drain and set aside while preparing the sautéed vegetables.

Heat 1 tablespoon of oil in a wok, adding more oil as needed throughout the cooking process. Add the carrots and onion, stirring frequently for several minutes until crisp-tender. Add the mushrooms and sauté for another couple of minutes. Stir in the curry seasoning and cook for another minute. Last, toss in the spinach and noodles. Mix to combine ingredients well. Place in a serving bowl and drizzle on the tamari. Garnish with chopped greens and toasted sesame seeds, if desired.

