**IN THE BOX**

edamame (1 c)

salmon fillets (2)

garlic clove (1)

ginger root (1”)

brown sugar (1 Tbsp)

soy sauce (10.5 oz)

sesame seeds (2 tsp)

lo mein noodles (1 package)

carrots (2)

parsnip (1)

fortune cookies (2)

clementines (2)

chopsticks (2 pairs)

**EDAMAME**

Fill a medium to large pot with water and bring to boil over high heat. Salt water, add edamame pods. Boil until beans inside pods are tender, about 5 minutes. Drain pods, rinse with cold water, drain again. Lightly sprinkle with salt. To eat, squeeze pods open, eat beans, and discard pods.

**Fun facts:**

**edamame** is a preparation of immature [soybeans](http://en.wikipedia.org/wiki/Soybean) in the pod, found in the cuisine of [China](http://en.wikipedia.org/wiki/China), [Japan](http://en.wikipedia.org/wiki/Japan) and [Hawaii](http://en.wikipedia.org/wiki/Hawaii).

The Japanese name, edamame (枝豆[**?**](http://en.wikipedia.org/wiki/Help%3AInstalling_Japanese_character_sets)), is used commonly to refer to the dish.[A](http://en.wikipedia.org/wiki/Edamame#endnote_A) It literally means, "twig bean" (*eda* = "twig" + *mame* = "bean").

**TERIYAKI SALMON with ROASTED CARROTS & PARSNIPS and LO MEIN NOODLES**

Preheat oven to 400F.

Prepare teriyaki marinade: remove skins and thinly slice both garlic and ginger. In a shallow dish, stir together ½ c soy sauce, brown sugar, garlic and ginger. Set aside about 1 Tbsp of marinade.

Remove salmon from packaging, rinse. Place fillets in shallow dish with teriyaki marinade. Place in fridge to marinate.

Rinse carrots and parsnip, remove ends and peel. Slice into ½ in. pieces, halving or quartering large portions as necessary (so pieces are a similar size). Toss in ½ Tbsp olive oil, place in single layer on oven-safe baking dish. Bake carrots and parsnip at 400F for 15 min. Remove from oven, stir, and make space in middle of dish for salmon.

Remove salmon from marinade, careful to remove ginger or garlic slices. Place in center of carrot dish. Sprinkle with sesame seeds. Bake carrots, parsnips, and salmon for about 10-12 min, until salmon flakes easily with a fork.

While salmon cooks, put large pot of water on to boil. When boiling, add salt and 2 bundles of noodles. Cook 5-7 minutes, until tender. Drain noodles. Toss with remaining 1 Tbsp marinade not used for salmon.

Serve salmon, carrots and parsnips on top of noodles.

**Kitchen tip:**

The thin skin of ginger root can be removed with the side of a metal spoon.

**FORTUNE COOKIES and CLEMENTINES**

Put something funny about reading your fortune? There isn’t a whole lot to this dessert… Maybe put something about “cuties”?