

Autumn Okazu 秋のおかず

<u>Sweet Potato Nimono</u> さつまいもの煮物	<u>Spinach Ohitashi</u> ほうれん草のおひたし	<u>Mixed Mushrooms Sauté</u> きのこの炒め物
<u>Nasu Dengaku</u> なす田楽	<u>Kabocha Nimono</u> かぼちゃの煮物	<u>Komatsuna & Mushroom Ohitashi</u> 小松菜ときこのおひたし

Sweet Potato Nimono (さつまいもの煮物)

Ingredients (2 servings):

- Japanese sweet potato (satsumaimo) – **200 g**, cut into thick half-moons
- Water – **200 ml**
- Sake – **1 Tbsp (15 ml)**
- Mirin – **1 tsp (5 ml)**
- Sugar – **1 tsp (4 g)**
- Reduced-sodium soy sauce – **2 tsp (10 ml)**

Instructions:

1. Place sweet potato slices in a small saucepan with water, sake, mirin, sugar, and soy sauce.
2. Bring to a gentle simmer, cover with a drop-lid (otoshibuta), and cook 10–12 minutes until just tender but not falling apart.
3. Let cool slightly in the liquid before serving (flavor deepens).



Sweet Potato Nimono: ~105 kcal | 2 g protein | 24 g carbs | 0.2 g fat | Fiber 3 g | Sodium ~220 mg

Spinach Ohitashi (ほうれん草のおひたし)

Ingredients (2 servings):

- Spinach – **120 g** (1 small bunch)
- Water – for blanching
- Reduced-sodium soy sauce – **2 tsp (10 ml)**
- Bonito flakes (katsuobushi) – small pinch (optional)

Instructions:

1. Blanch spinach in boiling water 30–40 seconds. Shock in cold water, squeeze gently, and cut into 4–5 cm lengths.
2. Arrange in serving bowls. Drizzle with soy sauce. Sprinkle bonito flakes if using.



Spinach Ohitashi: ~35 kcal | 3 g protein | 5 g carbs | 0.4 g fat | Fiber 2 g | Sodium ~190 mg

Mixed Mushrooms Sauté (きのこの炒め物)

Ingredients (2 servings):

- Maitake – **50 g**
- Shimeji – **50 g**
- Shiitake – **50 g**, sliced
- Sesame oil – **1 tsp (5 ml)**
- Garlic – **½ clove**, minced
- Reduced-sodium soy sauce – **1 tsp (5 ml)**
- Sake – **1 tsp (5 ml)**

Instructions:

1. Heat sesame oil in a small pan, sauté garlic until fragrant.
2. Add mushrooms and cook 3–4 minutes over medium heat until softened.
3. Splash with soy sauce and sake, stir briefly, and serve warm.

Mixed Mushrooms Sauté: ~70 kcal | 3 g protein | 7 g carbs | 3 g fat | Fiber 2 g | Sodium ~200 mg



Nasu Dengaku (なす田楽)

Ingredients (2 servings):

- Eggplants – **2 medium (≈ 250 g)**, halved lengthwise
- Sesame oil – **1 tsp (5 ml)**
- White miso (low-sodium if available) – **1 Tbsp (15 g)**
- Mirin – **1 tsp (5 ml)**
- Sake – **1 tsp (5 ml)**
- Sugar – **½ tsp (2 g)**
- Optional: yuzu zest or sesame seeds for garnish

Instructions:

1. Score the cut side of eggplants in a crisscross pattern. Brush lightly with sesame oil.
2. Roast or pan-fry cut side down until golden and tender (about 6–7 minutes).
3. In a small pan, gently heat miso, mirin, sake, and sugar until glossy.
4. Spread glaze on eggplants, broil (or torch) briefly for caramelization.
5. Garnish with sesame seeds or yuzu zest.

Nasu Dengaku: ~140 kcal | 4 g protein | 12 g carbs | 8 g fat | Fiber 4 g | Sodium ~300 mg



Kabocha Nimono (かぼちやの煮物)

Ingredients (2 servings):

- Kabocha – **200 g**, cut into chunks (leave skin on)
- Water – **200 ml**
- Sake – **1 Tbsp (15 ml)**
- Mirin – **1 tsp (5 ml)**
- Soy sauce or coconut aminos – **2 tsp (10 ml)**

Instructions:

1. Combine water, sake, mirin, and soy sauce in a small pot.
2. Add kabocha, simmer with a drop-lid (otoshibuta) until tender, ~12 minutes.
3. Let cool slightly in broth before serving.



Kabocha Nimono: ~95 kcal | 2 g protein | 22 g carbs | 0.3 g fat | Fiber 3 g | Sodium ~220 mg

Komatsuna & Mushroom Ohitashi (小松菜ときのこのおひたし)

Ingredients (2 servings):

- Komatsuna (or spinach) – **120 g**
- Mushrooms (shimeji/maitake mix) – **100 g**
- Reduced-sodium soy sauce – **2 tsp (10 ml)**
- Optional: bonito flakes for topping

Instructions:

1. Blanch komatsuna 40 seconds, shock in cold water, squeeze, cut into 5 cm lengths.
2. Sauté mushrooms lightly in a dry pan or quick steam.
3. Combine in bowls, drizzle with soy sauce, top with bonito flakes if desired.



Komatsuna & Mushroom Ohitashi: ~45 kcal | 4 g protein | 6 g carbs | 1 g fat | Fiber 2 g | Sodium ~190 mg