

# Healthy Cooking With Nicole

## Miso soup

1 tablespoon miso paste  
1 scallion, washed and sliced  
1 mushroom, washed and sliced  
1/4 cup tofu, cubed  
1 cup water

Fill a mug with miso paste and stir with a spoon until dissolved.

Add in tofu, mushrooms and scallions. and Microwave 1-2 minutes until hot.

Carefully remove from microwave.

Enjoy!

This miso is now available at Stop & Shop.

