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Paella Recipe



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EDEN Lotus Root thrives in shallow lake bottoms and ponds. Folklore holds it is good for the lungs. Its delicious starchy creaminess is always pleasing. Soak dried root slices and then use as fresh. As with most root vegetables, they need to be cooked. Add lotus root to any recipe that calls for vegetables.

EDEN Dried Tofu is U.S. non-GMO soybean tofu, frozen, thawed, and pressed to remove its water. Its very quiet taste takes on the tastes of the foods and seasonings it is cooked with.

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