

SOBA NOODLES WITH VEGETABLES

adapted from The McDougall Newsletter, vol 5 no 6

½ cup water

2 cloves garlic, crushed

1 teaspoon fresh grated ginger

¼ teaspoon crushed red pepper flakes (less if you don't like it hot!)

2 carrots, peeled into strips with a vegetable peeler

1 medium bunch broccoli, cut into florets (peel the stalk like the carrot for more veggies)

¾ lb mushrooms, sliced

1 bunch green onions, cut in 1 inch pieces

½ cup soy sauce (you'll use ¼ cup at a time)

½ pound soba noodles

1 tablespoon cornstarch mixed with ½ cup cold water

Place garlic, ginger, red pepper, carrots and broccoli in a wok or large pan with ½ cup water and ¼ cup of the soy sauce. Cook and stir for 5 minutes. Add mushrooms and green onions. Cook, stirring occasionally, for about 10 minutes. (I had to add a little water occasionally to keep the pan from drying out completely.)

Meanwhile prepare the soba noodles according to package directions. Drain. Toss with the remaining soy sauce. Set aside.

Add cornstarch mixture to vegetables, cook and stir until thickened. Pour over soba noodles and mix well. Serve at room temperature, or refrigerate and serve cold.