



Issue # 534

December 9, 2014

Go Global with this Korean-Inspired Dish

Looking to try something different? Here's an opportunity to try intriguing ingredients you might have seen in the grocery international aisle. Soba noodles, made from buckwheat, have a unique color and firm texture. Kimchi is a traditional Korean dish of fermented vegetables such as napa cabbage and daikon radish. If you feel up to it, check out the recipe extra link to make homemade kimchi.

Soba Noodles with Kimchi

4 oz. soba noodles, 100% buckwheat *
2 tsp. roasted sesame oil
1 cup chopped steamed spinach
1/2 cup chopped kimchi
1/3 cup low-sodium vegetable broth
1 Tbsp. toasted sesame seeds
2 lemon wedges, optional

Cook soba noodles according to package directions. Drain in colander, then rinse noodles under cold running water. Drain well and divide soba between 2 pasta bowls.

Add half sesame oil to each bowl and toss to coat soba. Top noodles with half the spinach, kimchi and broth, tossing to combine them. Sprinkle on seeds, add lemon wedges, if using, and serve.

* 100% buckwheat soba noodles are whole grain. Other soba noodles may be a blend of buckwheat and wheat flour with varying amounts of dietary fiber and sodium. Nutrient analysis is based on 2 ounces of 100% buckwheat soba noodles with 3 grams fiber and 5 milligrams sodium.

Makes 2 servings.

Per serving: 294 calories, 8 g total fat (1 g saturated fat), 49 g carbohydrate, 10 g protein, 6 g dietary fiber, 327 mg sodium.

