Spicy Soba Noodles

Soba noodles, hearty and flavorful Japanese noodles made from buckwheat pair perfectly with watercress or arugula and a spicy dressing. If you are following a gluten-free diet, look for 100% buckwheat soba noodles. Eden and Mitoku are two good brands.

- 1 package of dried soba noodles
- 2 1□2 tablespoons gluten-free tamari soy sauce
- 1 teaspoon chili-garlic sauce
- 1 teaspoon toasted sesame oil
- 6 cups stemmed watercress or arugula
- 1 tablespoon grape seed or sufflower oil
- sesame seeds to garnish (optional)
- chopped scallions or cilantro to garnish (optional)

1. Bring a large pot of water to a boil over high heat. Add the noodles and cook for about 8 minutes, or according to package directions, until done. Meanwhile, to make the sauce, in a small bowl, stir together the tamari sauce, chili-garlic sauce, and sesame oil.
2. Drain the noodles in a colander. If you are using 100% buckwheat soba, give the noodles a quick rinse with hot tap water.
3. Put the watercress or arugula in the hot pan. Return the noodles to the pan along with the grape seed oil. Using tongs, toss to combine. The watercress should wilt from the residual heat of the pan and the noodles. Add the sauce and toss until well incorporated. Garnish with sesame seeds and chopped fresh herbs and serve warm or at room temperature.

This healthy and sumptuous dish could not be easier, and makes a perfect option for Meatless Monday. Look for the soba noodles, chili-garlic sauce (a mixture of chili, garlic, and vinegar), and toasted sesame oil, and Tamari sauce in the

Asian foods section of your grocery store.

Adapted from Brassicas by Laura B. Russell (Ten Speed Press, © 2014).