

YummiSoba Slaw

Serves 4

Ingredients

Broccoli slaw (9-12oz bag)
2 T extra virgin olive oil
1T chopped garlic
1T fresh ginger
1.5c fresh chopped veggies
*1 package cooked soba noodles (8-12oz)
1/4-1/3c low sodium soy sauce
2tsp Sriracha (if you like it spicy add more)
Salt and pepper to taste

Instructions

1. Heat a 10 or 12 inch skillet (or wok) over medium heat. Add a few teaspoons of olive oil (you may need more as it cooks), then add chopped garlic and ginger and sauté for 1 minute.
2. Add chopped veggies if using, stir. Add broccoli slaw, toss.
3. Add cooked and drained soba noodles, soy sauce, sriracha and toss. Cook until veggies are at desired texture (I like them crispy). Add salt and pepper to taste.

*Alternate method: You can serve the slaw over the noodles instead of mixing it in. Also the soba noodles can be substituted for 1 cup cooked rice.

Recipe source: Chef Kelsey

Class recipes can be found at www.evergreenhealth.com/recipes