



Udon Noodles with Shitake Mushrooms in Ginger Broth

Serves 4

Medicinal Benefits of this recipe...

Great to help support the immune system, a more nutritious substitute to spaghetti with cheese (you can also add grated cheese on top of the noodles), beneficial for management of blood sugars, the ginger may be soothing for nausea or vomiting, the high dietary fiber is also beneficial for constipation.

Anticancer Phytonutrients Found in this recipe.....

Beta-carotene, Lutein, Allyl sulfides, Quercetin, Glucosinolates, Sulfur compounds

Ingredients

- 1 package of Japanese Udon or Soba Noodles
- 4 teaspoons of sesame oil (can also use olive oil)
- 4 teaspoons of vegetable oil
- 3 tablespoons of minced fresh ginger
- 4 shallots, sliced very thin
- ¼ pound (about 12) shitaki mushrooms, stemmed, caps wiped clean and quartered
- 3-4 cups of vegetable broth
- 2 teaspoon of rice-wine vinegar
- 4 teaspoons of shoyu
- 5-6 cups spinach, tough stems discarded, rinsed well, drained, and cut into 2-inch-wide strips
- 4 scallions, thinly sliced diagonally into 2-inch pieces

Directions

1. Bring a large pot of water to a boil. Add noodles and cook until al dente according to package instructions, about 8 minutes. Drain in a colander, toss with oil and return to pot. Keep warm.

2. Meanwhile, in a medium sauté pan, heat the vegetable oil over medium heat. Add ginger, shallots, and mushrooms; cook, stirring constantly, until the mixture begins to soften and turn golden brown, about 2 minutes.
3. Stir in vegetable stock, vinegar, and soy sauce into a pan and bring to a simmer. Cook until mushrooms are very tender, about 5 minutes. Add spinach and scallions, and stir to combine.
4. To serve, divide noodles among four shallow bowls; ladle soup over noodles.

* Recipe adapted from Cooking Lite Magazine

Basic Nutrition Profile for One Serving (1 serving):

Kcal	311 kcal
Protein	12 grams
Carbohydrate	44 grams
Fat	16 grams
Saturated Fat	1 grams
Monounsaturated Fat	5 grams
Polyunsaturated Fat	2 grams
Fiber	7 grams

This recipe is a great source of.....

Potassium	987 mg
Vitamin A	12852 IU
Calcium	234 mg
Vitamin D	174 IU
Magnesium	172 mg
Folate	232 mcg

Also has a full-range of B-vitamins