

SPICY COLD SOBA NOODLES

1/3 c. soy sauce
1/2 t. molasses
1/4 c. sesame oil
1/4 c. tahini
1/4 c. brown sugar
1 T. chili oil
3 T. balsamic or red wine vinegar
1/2 bunch sliced green onions
salt
1/2 lb. soba (Japanese buckwheat noodles)

Heat soy sauce until reduced by half. Turn to low and add molasses. Warm briefly and transfer to bowl. Add remaining ingredients except noodles. Add salt to taste. Boil noodles about 3 minutes. Drain and plunge in ice water. Drain and rinse. Combine with sauce and chill. Makes 4 smaller servings at 467 calories each.

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Date Entered: June 22, 1991